



JB Mobile Fitness is excited to be offering beginner tumbling classes here at Lake Forrest Prep! Boys and girls will have the opportunity to learn Cartwheels, handstands, walkovers and even back-handsprings! This is a great class for cheerleaders and Karate students as it will help with their flexibility and acrobat skills.

I have 21 years of coaching experience and my focus has always been fitness and fun, in a safe environment. From the first class your child will learn tumbling skills that will help with their coordination and strength.



Class Info: Classes will be held on Thursday's, beginning September 8th.

Time: Elementary Aged students will have class from 4:30 - 5:15

Where: Here at Lake Forrest Prep

Cost: Tuition is \$60 a month.

To sign up you can visit our website at www.JBMobileFitness.com. Click on the 'register' button in the top right corner of the home page, and you will be on your way. If you have any questions you can call Ms. Judi, at 321-624-2622.