



Providing 30 years of fun, friends and fitness to NY kids!

9 - 35 months

WINTER/SPRING

January 30th - June 17th, 2012

9-14 months

Teeny Tumblers

Day	Time	Age (months)
TH	12:00-12:40	(9-14)

24-30 months

Mighty Muscle Movers (Gym)

Day	Time	Age (months)
T	9:40-10:25	(24-35)
T*	10:30-11:15	(18-35)
W	10:10-10:55	(18-35)
TH	9:30-10:15	(18-35)
TH*	3:15-4:00	(15-35)
F	9:30-10:15	(18-35)
SAT*	9:00-9:45	(15-35)
SAT	9:50-10:35	(18-35)
SUN*	9:30-10:15	(18-35)

12-18 months

Mighty Muscle Movers (Gym)

Day	Time	Age (months)
M	9:30-10:15	(12-24)
T	9:40-10:25	(12-24)
W	11:00-11:45	(12-24)
TH*	3:15-4:00	(15-35)
SAT*	9:00-9:45	(15-35)

Rockin' Rollers (Gym + Music)

Day	Time	Age (months)
TH	9:45-11:00	(12-24)
F	10:45-11:45	(12-24)

Rockin' Rollers (Gym + Music)

Day	Time	Age (months)
M	9:45-11:00	(18-30)
M	10:30-11:45	(24-35)
TH	10:30-11:45	(24-35)
F	9:45-11:00	(18-30)

18-24 months

Mighty Muscle Movers (Gym)

Day	Time	Age (months)
M	9:30-10:15	(12-24)
T	9:40-10:25	(12-24)
T*	10:30-11:15	(18-35)
W	10:10-10:55	(18-35)
W	11:00-11:45	(12-24)
TH	9:30-10:15	(18-35)
TH*	3:15-4:00	(15-35)
F	9:30-10:15	(18-35)
SAT*	9:00-9:45	(15-35)
SAT	9:50-10:35	(18-35)
SUN*	9:30-10:15	(18-35)

Rockin' Rollers (Gym + Music)

Day	Time	Age (months)
M	9:45-11:00	(18-30)
TH	9:45-11:00	(12-24)
F	9:45-11:00	(18-30)
F	10:45-11:45	(12-24)

30-35 months

Mighty Muscle Movers (Gym)

Day	Time	Age (months)
T	9:40-10:25	(24-35)
T*	10:30-11:15	(18-35)
W	10:10-10:55	(18-35)
TH	9:30-10:15	(18-35)
TH*	3:15-4:00	(15-35)
F	9:30-10:15	(18-35)
SAT*	9:00-9:45	(15-35)
SAT	9:50-10:35	(18-35)
SUN*	9:30-10:15	(18-35)

Rockin' Rollers (Gym + Music)

Day	Time	Age (months)
M	10:30-11:45	(24-35)
TH	10:30-11:45	(24-35)

9 mos - 4 yrs

Jammin' at Jodi's with Miss Rhea

Day	Time	Age (months)
Mon	11:15-12:00	(9mos-4yrs)

TUITION

	Mon (17 weeks)	Tues, Wed, Thur, or Fri (18 weeks)	Sat, Sun (17 weeks)
Teeny Tumblers		\$470	
Mighty Muscle Movers	\$495	\$520	\$495
Rockin' Rollers (1hr 15min.)	\$610	\$650	
Rockin' Rollers (1hr)		\$595	
Jammin' at Jodi's with Miss Rhea Session 1 1/30-3/26 • Session 2 4/9-6/4	\$200 (8 weeks)		

5% discount for siblings or multiple classes!

* Bring both kids at the same time!
We have class options for siblings where noted (*) for your preschool aged child.
Check the coordinating 3-5 yr old schedule for more information.

9 - 35 months

WINTER/SPRING

January 30th - June 17th, 2012



TEENY TUMBLERS (9 - 14 months)

It's time to wiggle and giggle.

A 40 minute class where you (or your caregiver) and your child will sing, clap, move, tumble & groove together with music and rhyme. A perfect introduction to our Jodi's Gym programs as your child begins to move and explore.

Adult Participation class.

MIGHTY MUSCLE MOVERS - GYM (12 - 35 months)

Come join us for 45 minutes of non-stop action. Our enthusiastic teachers will lead you (or a caregiver) and your child through an exciting class filled with running, jumping, tumbling, climbing, swinging and stretching. Our safe, colorful, state-of-the-art facility will make every toddler want to jump for joy! Class time includes free play, circle time, bubble time, parachute play and supervised exploration in our fun and fantastic gym...just the right size for tiny tumblers!

Adult Participation class.

ROCKIN' ROLLERS - GYM + MUSIC (12 months - 35 months)

A wildly popular and fun-filled class for the child who loves to both move, groove and munch. Our special 75 minute class combines all the fun of a 40 min Mighty Muscle Movers class (see previous outline) with an incredible 30 minute music class. One of our dynamic music teachers will lead you through a singing and dancing extravaganza, loaded with shakers, streamers and silly songs. A yummy snack and story top off the mix. (Friday's 10:45-11:45 -includes 30 min of gym and 30 min of music; no snack and story time).

Adult Participation class.

JAMMIN' AT JODI'S WITH MISS RHEA (9 months - 4 years)

Join us as we move and groove to Miss Rhea's terrific tunes. She will get you and your little ones shaking, singing and dancing complete with a big smile. The perfect class for you and your child to enjoy together.

SIBLING CLASSES*

Bring both kids at the same time! We have class options for siblings where noted (*) for your preschool aged child. Check the coordinating 3-5 yr old schedule for more information.

JODI'S GYM TO GO

Jodi's Gym is now available on the go!
Want to see Jodi's at your school or daycare?
Call for me info.





Providing 30 years of fun, friends and fitness to NY kids!

3 - 5 year old classes

WINTER/SPRING

January 30th – June 17th, 2012

Tumbling Tots (3-4 yrs) (4-5 yrs)

Day	Time
M	1:10-2:10
M	2:20-3:20
M*	4:10-5:10
T*	10:30-11:30
T	12:55-1:55
T	2:05-3:05
W	12:55-1:55
W*	4:10-5:10
TH	12:55-1:55
TH	2:05-3:05
TH*	3:15-4:15
F	12:55-1:55
F*	4:15-5:15
SAT*	9:00-9:45
SAT*	10:45-11:45
SUN*	9:30-10:30

Jammin' at Jodi's with Miss Rhea (9 months - 4 years)

Day	Time
Mon	11:15-12:00



TUITION

	Mon (17 weeks)	Tues, Wed, Thur, or Fri (18 weeks)	Sat, Sun (17 weeks)
1 hour class	\$560	\$595	\$560
45 minute class			\$495
Jammin' at Jodi's with Miss Rhea Session 1 1/30-3/26 • Session 2 4/9-6/4	\$200 (8 weeks)		

5% discount for siblings or multiple classes!

* Bring both kids at the same time!

We have class options for siblings where noted (*) for your k-2nd aged child.

Check the coordinating 3-5 yr old schedule for more information.



3 - 5 year old classes

WINTER/SPRING

January 30th – June 17th, 2012

TUMBLING TOTS (3-4 yrs) (4-5 yrs)

Do you have a preschooler who is always on the move?

Our Tumbling Tots program will keep them flippin' head over heels! The fundamentals for gymnastics (and all sports) are developed as children improve their skills on balance beams, bars, rings, tumbling, floor work, vault, tumbletrak, our space bouncer and so much more! In a class filled with giggles and laughter, your child will develop self confidence while experiencing the joys of gymnastics. You just won't find a more attentive and caring staff anywhere!

Student/Teacher ratio is 6 to 1. Children are grouped by age. Separation class.

JAMMIN' AT JODI'S WITH MISS RHEA (9 months - 4 years)

Join us as we move and groove to Miss Rhea's terrific tunes.

She will get you and your little ones shaking, singing and dancing complete with a big smile.

The perfect class for you and your child to enjoy together.

SIBLING CLASSES*

Bring both kids at the same time! We have class options for siblings where noted for your 18-35 month old child and you K-2nd grade child. Check the coordinating schedules for more information.

JODI'S GYM TO GO

Jodi's Gym is now available on the go!

Want to see Jodi's at your school, daycare or camp? Call for more info.





Providing 30 years of fun, friends and fitness to NY kids!

Kindergarten-8th grade classes

WINTER/SPRING

January 30th-June 17th, 2012

FUN-tastic Gymnastics (Girls)

K-2nd Grade

Day	Time
M*	4:10-5:10 (coed)
M	5:20-6:20
T	3:35-4:30
T	4:20-5:20 (1 st - 3 rd grade)
W*	4:10-5:10
TH	4:20-5:20
F*	4:15-5:15
SAT	10:45-11:45

3rd - 6th grade

Day	Time
T	4:20-5:20 (1 st - 3 rd grade)
W	5:20-6:35

FUN-tastic Gymnastics (Boys)

K-3rd grade

Day	Time
M*	4:10-5:10 (coed)
M	5:20-6:20

Totally Tumbling (1st-4th grade)

Day	Time
T	5:30-6:15

Girls Accelerated Gymnastics Level 1 & 2

1st-3rd Grade

Day	Time
T	4:20-5:35
TH	4:20-5:35

3rd-6th Grade

Day	Time
W	5:20-6:35
TH	5:30-6:45

Girls Advanced Gymnastics Level 1, 2 & 3

1st-8th Grade

Day	Time
M	5:20-6:50
TH	5:30-7:00
F	4:15-5:45

**Join the Advanced Class 2x's per week, receive 20% off of the 2nd class!*

Motion Evolution (1st-4th grade)

Day	Time
T	5:30-6:15

** Bring both kids at the same time! We have class options for siblings where noted for your 3-5 yr old child. Check the coordinating schedules for more information*

TUITION

	Mon (17 weeks)	Tues, Wed, Thur, or Fri (18 weeks)	Sat, Sun (17 weeks)
1 hour class	\$560	\$595	\$560
1 hour 15 min class		\$685	
1 hour 30 min class	\$680	\$720	
Totally Tumbling		\$520	
Motion Evolution		\$450	

**5%
discount
for siblings
or multiple
classes!**

Kindergarten-8th grade classes

WINTER/SPRING

January 30th-June 17th, 2012



FUN-TASTIC GYMNASTICS

Girls K - 6th grade

There is no better place to learn gymnastics! Our extraordinary USA Gymnastics certified instructors use a safe and encouraging method in teaching gymnastics in the most positive, safe and fun environment you will find. Building self-confidence is most important while students continue to gain strength, flexibility, coordination and balance. Class progressions follow the guidelines set by USA Gymnastics. Classes include time for warm up, work on all of the gymnastics apparatus and conditioning; all of which help build a healthy body. Children are grouped by age and skill level. Student/Teacher ratio is 7 to 1.

One hour and one hour fifteen minute class options available.

Boys K - 3rd grade

Our action packed, high energy gymnastics class is the perfect place for your growing boy to run, tumble and jump with our enthusiastic teachers. Amongst the cartwheels and handstands, your child will gain strength, agility, balance, coordination and flexibility...the perfect building blocks for all other sports. Class time will be spent on warm-up, floor exercise, vaulting, bars, tumbletrak and more. Student/Teacher ratio is 7 to 1. One hour

GIRLS ACCELERATED GYMNASTICS Level 1 & 2 (1st - 6th grade)

For students who have mastered our FUN-tastic Gymnastics program and are ready to move on to new challenges.

A certain level of expertise is required, and therefore is by teacher recommendation only. Student/Teacher ratio is 7 to 1. One hour fifteen minutes.

GIRLS ADVANCED GYMNASTICS Level 1, 2 & 3 (1st-8th grade)

For students who have completed the Accelerated Gymnastics program and are ready to move on to more difficult skills. Examples of skills student's will work on are back handsprings on floor, cartwheels on balance beam, back hip circles on bars, front handsprings on vault, and so much more! This class is by teacher recommendation. Student/Teacher ratio is 7 to 1. One hour thirty minutes.

MOTION EVOLUTION! (1st - 4th grade)

It's time to get fit! Kids will love this NEW fitness program designed by experts in youth fitness, nutrition and psychology. Motion Evolution incorporates strength training, cardio fitness, flexibility, nutrition and overall fitness education (taught by our Jodi's Gym teachers). The importance of good nutrition and making healthy food choices are also an integral part of the program.

The Mo-Ev approach promises to transform kids' feelings about fitness choices NOW so they can enjoy a healthy life in the future.

We are excited to introduce this exciting kids fitness program to Jodi's Gym! Fifty minutes.

TOTALLY TUMBLING (1st - 4th grade)

A 45 minute class for kids who can't get enough tumbling!

Class time will be spent learning cartwheels, handstands, rolls, walkovers, roundoffs and much more! Student/Teacher ratio is 7 to 1.



JODI'S GYM TO GO

Jodi's Gym is now available on the go!

Want to see Jodi's at your school, daycare or camp? Call for more info.