

# CHEER XPRESS - REC TUMBLING CLASSES

## YELLOW (AGES 2.5 – 5)

FORWARD ROLL  
BACKWARD ROLL  
ARCH BODY POSITION  
PIKE BODY POSITION  
TABLE TOP BODY POSITION

## BLUE (AGES 4–6)

FORWARD ROLL  
BACKWARD ROLL  
HANDSTAND  
BRIDGE UP

## ORANGE (AGES 6+)

CARTWHEEL  
BRIDGE KICKOVER  
HANDSTAND FALL TO BRIDGE  
BACK BEND

## GREEN (AGES 6+)

FRONT LIMBER  
FRONT WALKOVER  
BACK EXTENSION ROLL  
ROUND OFF

## PURPLE (AGES 6+)

BACK WALKOVER (BWO) + SWITCH LEG  
FRONT HANDSPRING  
CARTWHEEL BWO  
FRONT WALKOVER + ROUND OFF  
CARTWHEEL 1/2 TURN FWO

## RED (AGES 6+)

BACK HANDSPRING (BHS)  
BHS STEP OUT  
BWO + BHS  
BHS STEP OUT BWO BHS  
BACK EXTENSION ROLL BHS  
VALDEZ

## BLACK (AGES 6+)

CARTWHEEL BHS  
RO BHS  
FWO RO BHS  
STANDING BHS SERIES

## PINK (AGES 6+)

AERIAL  
PUNCH FRONT  
FWO AERIAL  
RO BHS TUCK  
BWO TUCK  
BHS STEP OUT TUCK  
WHIPS  
PUNCH FRONT STEP OUT  
RO BHS LAYOUT  
RO BHS FULL

# CHEER XPRESS - REC TUMBLING CLASS DAY/TIMES

45 MINUTE CLASSES - \$73.00/MONTH  
1 HOUR CLASSES - \$83.00/MONTH



***Rec Tumbling  
Class  
Registration***

## **YELLOW (AGES 2.5 - 5)**

MONDAYS 5:30PM - 6:15PM  
WEDNESDAYS 6:00PM - 6:45PM

## **BLUE (AGES 4-6)**

MONDAYS 6:15PM - 7:00PM  
TUESDAYS 5:45PM - 6:30PM

## **ORANGE (AGES 6+)**

SUNDAYS 5:00PM - 5:45PM  
MONDAYS 7:00PM - 7:45PM  
WEDNESDAYS 5:00PM - 5:45PM  
THURSDAYS 6:30PM - 7:15PM

## **GREEN (AGES 6+)**

SUNDAYS 6:00PM - 7:00PM

## **PURPLE (AGES 6+)**

SUNDAYS 6:00PM - 7:00PM

## **RED (AGES 6+)**

SUNDAYS 7:00PM - 8:00PM  
MONDAYS 6:00PM - 7:00PM  
TUESDAYS 5:30PM - 6:30PM

## **BLACK (AGES 6+)**

SUNDAYS 7:00PM - 8:00PM

## **PINK (AGES 6+)**

MONDAYS 7:00PM - 8:00PM  
THURSDAYS 5:45PM - 6:45PM

# CHEER XPRESS - SPECIALTY CLASSES

## **JUMP CLASSES (AGES 6+):**

30 MINUTE CLASSES - \$43.00/MONTH

TUESDAYS 5:30PM - 6:00PM

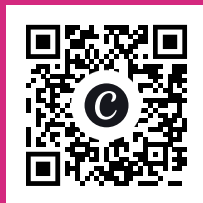
WEDNESDAYS 6:00PM - 6:30PM

## **STRENGTH & CONDITIONING CLASSES (AGES 6+):**

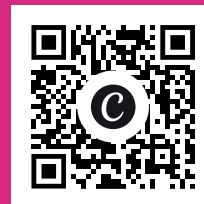
30 MINUTE CLASSES - \$43.00/MONTH

TUESDAYS 5:00PM - 5:30PM

WEDNESDAYS 6:30PM - 7:00PM



***Jumps Class  
Registration***



***Strength & Conditioning  
Class Registration***