



3275 Martin Rd Suite 125
Commerce, MI 48390

Phone: 248-668-9805
Fax: 248-669-9809
E-mail:
office@AmericanAllstarsKids.com

www.AmericanAllstarsKids.com

Stay Active as the Weather Gets Cooler!

Holiday Spectacular Tickets on Sale Now!

We welcome and encourage all gymnasts to sign up for our 4th Annual Holiday Spectacular the weekend of December 19th and 20th. Athletes will showcase all their gymnastics skills for friends and family. All guests will be invited into the gym to share in each child's amazing experience. Gymnasts will learn routines in their regular class starting in the middle of November and will then showcase their talent at the show under the spotlights. Each participant will receive an American Allstars custom medal and a certificate. Our Prep Optional Gymnastics Team members will perform at

the end for all to see. Refreshments and snacks will be available following the show for all those in attendance to enjoy.

Tickets go on sale Monday, November 2nd and will be sold on a first come first serve basis. Tickets did sell out last year, so please make sure that you act fast so your child doesn't miss out on this special occasion. The cost is \$35 per gymnast and spectator tickets can be purchased for \$4 each. Families are limited to purchasing no more than 10 tickets during the first week (November 2nd — 7th), to ensure all families have the chance to attend. After the first week you may purchase as many

tickets as you need; based on availability. As long as there are tickets available gymnasts can sign up for the show through December 5th. No sign-ups will be accepted after tickets are sold out.

This is an amazing event that you and your family will remember for years to come! We encourage you to talk to people who attended one of our previous shows. Don't forget to bring your cameras to capture your wonderful gymnast in action.



Extra Events

Day Camp 9:00-12:00 and/or 1:00-4:00 \$25 1/2 day \$50 Full day	Nov 3
Back handspring clinic 11:15-12:15 \$19	Nov 14
Open Gym 1:15-2:15 \$15	Nov 21
Back walkover clinic 11:15-12:15 \$19	Nov 21

Happy Thanksgiving!
Gym is closed Nov 24-29

November Pre-School Open Gym

Due to popular demand we will have Open Gym for any child 5 years old or younger Mondays from 10:00am-11:30am. It only costs \$8 and you can stay the whole time or only come for part of it. Whatever works best with your schedule. Children can use the bars, beams,

floor, trampoline, and the fun assortment of barrels, incline mats, and equipment that we have.

You do not have to be an American Allstars member to participate, but your child does need to have a signed waiver on file before joining in on the fun. Children will need

a parent or guardian to assist them in their activities. A gymnastics instructor will be on hand to supervise and help in any way possible. You can call ahead or just walk in. It's as simple as showing up and having a BLAST!

How to "start" & "stop" a class:

- Gymnastics & Karate can be started at anytime. If you begin in the middle of a month it will be pro-rated for you.
- To stop a class just turn in a "class stop form" during your last month of class. (If you don't want to come in March, turn in the form before March 1st.)

November



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Holiday Festival Tickets On Sale	3 School's Out Day Camp	4	5	6	7
8	9	10	11	12	13	14 Back handspring Clinic
15	16	17	18	19	20	21 Back walkover clinic & Open Gym
22	23	24	25	26 Thanksgiving	27	28
Gym Closed						
29	30					

**the
edge**
fitness center

December Calendar

* Saturday, Dec. 12th 1:15-2:15
— Open Gym

* Saturday, Dec. 12th & 19th
— Karate Belt Graduations

* Saturday, Dec. 19th
— Holiday Spectacular

* Sunday, Dec. 20th
— Holiday Spectacular

* Tuesday, Dec. 22nd thru
Thursday, January 3rd
— Gym Closed for Holidays

Q: Do you give make-ups for days the gym is closed?

A: No. We do not charge extra for months that have 5 practices, so we don't give make-ups for months that have 3 classes.

Cardio Equipment for Adults!

If you haven't checked out The EDGE recently, stop in and see the new Cardio Equipment! Remember for just \$7 you can get your sweat on while your kids are in gymnastics, karate, or fitness class. We have a TV monitor so you can watch your kids in class.

Fall Sports Ending?

If your kids are finishing up their soccer or football seasons and want to stay in top condition, check out our Performance Conditioning class. They will work hard and be ready for their next sport to begin! Classes are Mondays and Thursdays from 4:45-5:30. (If you are a coach and would like to schedule conditioning for your

Biggest Loser?! Biggest Winner!!

We are starting The EDGE Winner's Circle club November 2nd! The Monday meetings are FREE and when you attend you are eligible for a \$7 'team' workout class on Thursday from 7-7:45. Meetings are Monday 6:15-7:00pm. (There is a Kick Boxing class right after from 7-7:45!) Again, membership is free and you will get lots of support and information to make progress on your fitness goals. If you miss a Monday, don't worry, come next week and join us!

entire team e-mail us at
TheEdge@AmericanAllstarsKids.com.)

We also have a variety of age and skill appropriate fitness classes for kids as young as 2 1/2 all the way through adulthood. Check out our schedule online at www.AmericanAllstarsKids.com