



Lift Up Tumbling & Nutrition

November Newsletter – A Season of Strength, Joy & Community



Lift Up Family,

November reminds us to slow down and notice the good around us: the growth, the progress, the laughs, the consistency, and the tiny wins that lead to big victories.

Whether you're a tumbling beginner, an Allstar athlete, a parent cheering from the lobby, or an adult finding your fitness groove — you are part of this community, and we are grateful for you.

What's Happening This Month

- FREE Trial Tumbling Classes – Invite a Friend!
- Bounce & Beats (Adults) – Saturdays 8:00 AM
- Competitive Cheer Season is in Motion!
- Private Training & Health Coaching Available

Important Dates

- Closed for Thanksgiving Break: November 27–30
- Classes Resume: December 1
- Invite a Friend Week: November 11–16

A Note from the CEO – Coach Gardner

This gym is not just a place to train — it's a place to belong.
You are seen. You are supported. You are celebrated.

With gratitude,
Coach Gardner

Founder & CEO, Lift Up Tumbling & Nutrition