



# September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6 Kinder Gym: Let's have a ball! Rec: Tumble & Tramp	7 <b>Labor Day</b> <b>Gyms Closed</b>	8	9	10	11	12
13 Kinder Gym: Tumble & Tramp Rec: Let's have a ball!	14	15	16	17	18	19 <b>National Gymnastics Day</b> <b>12:30-2pm</b> <b>Open Gym</b> <b>5:30-8:30</b>
20 Kinder Gym: Jump for Joy! Rec: Muscle Week	21	22	23	24	25	26 <b>Kids Night Out!</b>
27 Kinder Gym: Muscle Week Rec: Jump for Joy	28	29	30			

## Iowa Gym-Nest

2550 Holiday Rd  
Coralville, IA 52241  
(319)341-2229

545 Olympic Ct  
Iowa City, IA 52240  
(319)354-5781

Where every child is  
a champion!

*Gymnastics is one of the most diverse sports in terms of the types of exercises and muscles it develops. Gymnastics works to enhance a gymnast's strength, flexibility, speed, balance and coordination. For example, the vault develops speed and power, bars is an endurance event and beam improves a gymnast's flexibility and balance.*



**319-341-2229**  
**319-354-5781**

# August 2015

## Iowa Gym-Nest

2550 Holiday Rd  
 Coralville, IA 52241  
 (319)341-2229

545 Olympic Ct  
 Iowa City, IA 52240  
 (319)354-5781

Where every child is  
 a champion!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Ninja Zone Skill level Testing Coralville noon
2 <i>Fairytales &amp; Pirates Adventures (Coralville) Gymnastics, Tumbling, &amp; Trampoline (IACity)</i>	3	4	5	6	7 Open Gym 5:30-8:30	8 West Branch Parade
9 <i>Gymnastics, Tumbling, &amp; Trampoline (Coralville) Holidayze (Iowa City)</i>	10	11	12	13	14	15 Last Day of Summer Classes
16 <i>Dance camp (Coralville) Ninja Warrior (Iowa City)</i>	17	18	19	20	21	22
23 Fall classes start!	24 Back to school!	25	26	27	28	29 IGN sleepover !!
30	31					



319-341-2229  
319-354-5781

# July 2015

## Iowa Gym-Nest

2550 Holiday Rd  
Coralville, IA 52241  
(319)341-2229

545 Olympic Ct  
Iowa City, IA 52240  
(319)354-5781

Where every child is  
a champion!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Stars & Stripes (Coralville)			1 Have a pushup contest!	2	3	4 Come join us at the Coralville 4th of July Parade! (gyms are Closed today)
5 Cheer (Coralville) Oceans of Fun (Iowa City)	6	7	8 Do 50 jump n jacks!	9	10	11
12 Tae-Kwon-do and Gymnastics (Coralville) Heroes to the Rescue! (Iowa City)	13	14	15 Race everyone in your family!	16	17 Open Gym Coralville 5:30-8:30	18 Tops Testing Solon Parade
19 Oceans of Fun (Coralville) Cheer (Iowa City)	20 Pre registration week →	21	22 Go for a family walk!	23	24 Jaly—Hopes Championship	25 Adeline —Secret U.S. Classic Kids Night Out!
26 Ninja Warrior (Coralville) Arts and Crafts Galore (Iowa City)	27 Open registration begins today	28	29 Get out in the water!	30	31	