






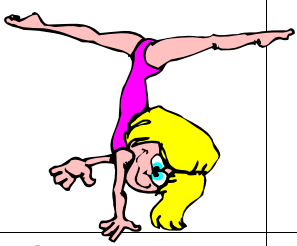















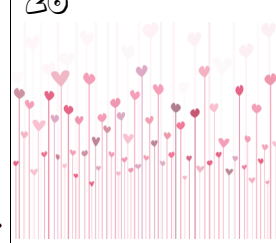
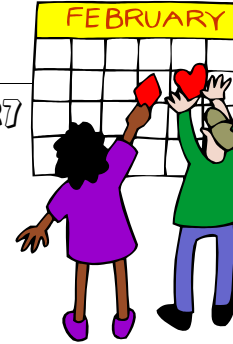


FEBRUARY 2015

Virginia Techniques Gymnastics
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 It's Fitness February– what do you think "fitness" means?</p> 	<p>2 Do you think the groundhog will see his shadow today?</p> 	<p>3 February is a short month, but you are tall! How tall are you?</p> 	<p>4 This month, learn how to play a new sport!</p> 	<p>5 Look through a book and see how many letter "F"s you can find on each page!</p> 	<p>6</p> 	<p>7 Looking to have a birthday party at the gym!? Call the front desk for availability!</p> 
<p>8</p> 	<p>9</p> 	<p>10 Sort your Valentine's candy hearts by color!</p> 	<p>11</p> 	<p>12 What do you do to stay fit and healthy?</p> 	<p>13 Is it hot or cold outside today? What kind of clothes should you wear?</p> 	<p>14 Valentine's Day</p> 
<p>15 Gymnastics is a great sport to increase fitness levels, build confidence, and have fun!</p> 	<p>16 President's Day What president is on a penny? What about a quarter?</p> 	<p>17 Playzone Playzone is from 11am-12pm! Stop by to bounce in our inflatable Tiger!</p>	<p>18</p> 	<p>19 What is your favorite sport?</p> 	<p>20 Tell mom or dad one goal you have for gymnastics!</p>	<p>21 February is American Heart Health Month. What do you do to keep your heart healthy?</p> 
<p>22 What do you love about gymnastics?</p> 	<p>23</p> 	<p>24 Teach your teddy bear how to do a forward and backward roll!</p> 	<p>25 Can you stand on one foot and sing your ABCs at the same time?</p> 	<p>26</p> 	<p>27</p> 	<p>28 Summer Summer Camp registration starts tomorrow!</p> 