



SEPTEMBER NEWSLETTER

Come Party with us!!

PROMOTION

Empire Parties

Book a party during the month of September for any date before March 30th and receive a \$30 discount!!!



Family Homework

Focus on Flexibility
Kids, get your parents involved and work on your flexibility with the following homework assignment!

30 sec—Jumping Jack Warmup

30 sec—Touch Toes

30 sec—Cat Stretch

60 sec—Straddle Stretch

60 sec—Split

5 Bridge holds for 10 sec



Coaches Corner

Coach Joe

We are thrilled to welcome Coach Joe to the Empire Team!

Coach Joe started gymnastics at 2 years old and became a state and regional champion! He has 5 years gymnastics coaching and tutoring experience. Check out his full bio at

www.empire-gymnastics.com/about-us

Interesting Dates

Honey Month

9/3—Labor Day - **CLOSED**

9/9—Grandparents Day

9/11—Remembrance

9/16—Wife Appreciation Day



Girls Compulsory Team



Competition starts this month!

Have a great season!!



HAPPY BIRTHDAY

Ally Afano	Willow Allen	Bella Ameter	Jaylin Arnold	BrookIn Austin	Madison Barnes	Madeline Benson	Kaylee Bernstein	Abby Buzon	Gabby Carlton	Kayla Ceragioli
Sami Citro	Rory Clark	Mia Corso	Claire Cosentino	Alexis Cypher	Samantha Day	Josie Ellis	Brady Erwin	Brinnley Farmer	Alexis Fulkerson	Brianna Goulas
Avery Hearn	Tiffany Husa	Colin Johnson	Savannah Johnston	Scott Kelly	Max Kelly	Bella Kimbrough	Ariana Luna-Gomez	Karina Mackwood	Emmah Mahaffey	Grace Martin
Sadie Medina	Madelyn Meehan	Taylor Molen	Ashley Muma	Colton Petty	Zoey Quin	Olivia Rawluk	Spencer Rees	Daisy Resendiz	Hadley Ringer	Jacob Roberts
Isabelle Roem-mich	Julieta Ruiz	Caelyn Silva	JoJo Smeltzer	Stella Smith	Alexis Stuart	Bubbles Tevis	Arianna Thomas	Ally Tremont	Anna Weckman	Kennedy Weir
Audrey Young	Chance Cltro	Josey Harges	Macie Mederios	Lexie Rodier	Kiera Williams	Emmett Chandler	Kailia Hardin	Tatianna Martinez	Abbylynn Rocha	Gracelynn Weiss