



JANUARY Newsletter 2019



INTERESTING DATES

- Jan 7 - National Bobble Head day
- Jan 14 - Dress up your pet day!
- Jan 20 - Penguin Awareness Day
- Jan 21 - Martin Luther King Jr Birthday
- Jan 31 - Backwards Day



HAPPY BIRTHDAY!!

Harper Finley	Victoria Schneider	Aimee Keifer	Lucy Shepherd	Brooke Whiteside
Ashlyn Day	Olivia Scheppe	Meyer Daves	Emma Hahn	Luca Mezzanotte
Alex Yatchenia	Saige Ladeas	Andalynn Jennings	Lillian Mena	Naleah Montenegro
Savannah Schroeder	Naveli Sanchez	Brooke Hara	Emma Sherrer	Micah Duff
Molly Patterson	Colden Winters	Caden Clark	Alyxis Gabrielson	Izabella Hoff
Peyton Liebes	Sophia Letendre	Gabby Santos	Jayden Burns	Averie Jacquez
Charlotte Chiquet	Harper Clinkinbeard	Coco Cole	Ruby Steelman	Savannah Banfield
Madelyn Roberts	Paige Stowers	Samuil Collier	Paige Kinsman	Presley McCann
Amelia Cabe	Charley Hoff	Molly Hylton	Genevieve McBride	Lucas Romano
Ryan Barker	Kaycee Jacobson	Isabelle Pacheco	Tatum Cobb	Liam Frogner
Charlotte Nohel	Madison Cleveringa	Olivia Desideri	Dean Sheradin	Layla Hacker
Derek Cardinale	Julianna Nash	Allison Pless	Abigail Meehan	Maddox Goddard
Keegan Johnson	Kielle Lee	Madison Paige	Austin Skinner	
Maddie Morales	Sonny Girard	Lilyana Petersen		

DAILY HOMEWORK

- 30 Pushups
- 30 Tuck-ups
- 30 Arch Rocks
- 30 Squat Jumps
- 50 Toe Raises
- All Splits

(1 minute each)



"SORE today STRONGER tomorrow!"

RESOLUTIONS

What can you do today that you were not capable of 12 months ago? What are your new goals?



← Coach Justin has goals!

Thank you **EMPIRE FAMILIES!** Each of you helped make our **EMPIRE GYMNASTICS CENTER** dreams come true!



COACHES CORNER Crystal Gomez

Crystal has been a youth cheerleading coach for 4 years with the Lincoln Jr. Zebras in which they have won national titles. She has 5 years of cheerleading background which includes high school and all star. Crystal loves working with children and seeing them thrive passionately in gymnastics!



EMPIRE PARTIES

Let us host your next party or banquet, end of season or team bonding., we've got you covered. Bounce house, trampolines, foam pit fun & food in the lobby! Parties are available every Saturday & Sunday!

