



J Cruz Gymnastics
Virtual Gymnastics Classes
\$25 per household

Our classes are geared to anyone who loves moving their bodies. Whether gymnastics or any other sport is part of your daily life we are opening up our virtual classes to others so we all can stay moving, stay strong and flexible. Our classes run about 15-35 mins long depending on age and subject for the day. No special equipment needed just an area that a cartwheel or handstand would fit.

For more info please send an email to Jcruzgym2014@gmail.com

Classes are:

Tuesday and Thursday

5:00 pm: under 5 years, great for PreK and parent and me kids

5:30 pm: 5 and up, beginners grade school age

Wednesday

9:30 am: under 5, great for the PreK and parent and me kids

10:00 am: 5 and up, great for beginners grade school age