



SPRING SESSION 2024

as of 11 March 2024

Prorated Spring Membership of \$45.00.
(This is payable once a year from April 1st to June 30th)



NEW: Class payment installment options

General Gymnastics Classes (6 yrs & up) 10 week session

1 hour/week class - \$230 & 1.5 hour/week class - \$295

FIRST CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	April 22	April 16	April 17	April 18	April 19	April 20

CANGYM RECREATONAL PROGRAM for 6 to 9 yrs old

MORE CLASSES MAY BE ADDED

BURGUNDY/RED 6-9 years	5:00-6:00	5:00-6:00	4:00-5:00	2:30-3:30 (TB)	4:00-5:00	9:30-10:30
	6:00-7:00	6:00-7:00	5:00-6:00	3:30-4:30 (TB)	5:00-6:00	10:00-11:00
		7:00-8:00	5:00-6:00 (Boys)	4:00-5:00	6:00-7:00	10:30-11:30
			6:00-7:00	5:00-6:00		11:30-12:30
TAN/BRONZE 6-9 years	4:00-5:00	4:00-5:00	5:00-6:00	2:30-3:30 (BR)	4:00-5:00	9:30-10:30
	4:30-5:30 (Boys)	5:00-6:00	6:00-7:00 (2)	3:30-4:30 (BR)	6:00-7:00	10:00-11:00
	5:00-6:00	6:00-7:00	7:00-8:00	4:00-5:00		10:30-11:30
	6:00-7:00	6:00-7:00(Boys)		4:30-5:30		1:00-2:00
	7:00-8:00	7:00-8:00		5:00-6:00		
PURPLE/BLUE & TURQ 6-9 years	5:30-6:30	5:30-7:00	5:30-7:00	6:30-8:00		12:00-1:30
	6:30-8:00	6:30-8:00	6:30-8:00			
	7:00-8:30		7:00-8:30			
	7:00-8:30 (Boys)					
Silver & Up 6-9 years	5:30-7:00					

TEEN PROGRAM for 10 yrs & up

BEG. TEEN (Burg/Red)		6:00-7:00	5:00-6:00 6:00-7:00	6:00-7:00		
PRE-INT. TEEN (Tan/Bronze)	6:00-7:00	5:00-6:00 7:00-8:00	7:00-8:00	6:00-7:00 7:00-8:00		
INT. TEENS (Purple/Blue/Turq)	7:00-8:30	7:00-8:30	7:00-8:30	7:00-8:30		12:30-2:00
ADV. TEENS (Silver & Up)	7:00-8:30 (2)		7:00-8:30			
Ninja Parkour					5:00-6:00 6:00-7:00	

EXCEL - LIMITED SPOTS AVAILABLE - full year program - trains 2x a week for 2 hrs prorated \$240/mthly payment options

Must be 8 yrs old. This program will allow athletes to attend fun meets & work on floor routines. Must have CanGym Purple Level

April 14

I CAN - INCLUSION CLASSES	Monday	Tuesdays	Sundays	COST - \$280		
FUN DISCOVERY KIDS - 3-5 years			10:00-11:00	This class will have the gym to themselves in a quiet environment with no interruptions.		
FUN DISCOVERY KIDS - 6+			11:00-12:00			
Evolution Kids		4:00-5:00		For athletes transitioning from the Fun Discovery Kids program. Registration not available online		
Coach Recommended	6:00-7:00	5:30-6:30				
LAST CLASS	June 24	June 18	June 19	June 20	June 21	June 22

Please Note: Dynamyx reserves the right to cancel, add or change classes due to registration and/or coach availability.

No classes Sunday and Monday, May 19/20, for Victoria Day, or Sunday, May 5th, for the Mens Muscle Up Competition

Register ONLINE: <https://dynamyx.uplifterinc.com/>

NEW LOCATION: Bay # 110, 175 Carlton Drive, St Albert AB (780)-458-3153