

# SEPTEMBER 2018 NEWSLETTER:



**HOURS: MON – FRI:**  
10am – 7PM  
closed for lunch  
12:30PM-2:00PM  
**SAT: 10AM – 3PM**  
**SUN: CLOSED**

## Hello there!

We hope everyone had a fantastic Summer! Our Summer here at the gym was terrific, CATS summer Camp was amazing! Thank you for everyone who came. We're getting ready for the fall where we will have even more wonderful times! Keep reading to find out what's happening at the gym for the month of September!

National Gymnastics Day is September 15th and we're having a celebration to show off just how much we love gymnastics. We'll have FREE open gym from 10AM to 3PM. Our CATS staff will be here for evaluations or to help you improve your gymnastics skills! We'll also have snacks, prizes, and demonstrations by our competitive team! For more information, feel free to check our website or give us a call at 760-446-0332.



**\*\*\* Be aware that we are still under construction! Please bring easy slip-on shoes for walking to the restrooms.**



# GYMNAST OF THE MONTH:

Coach Jordan had this to say...

- Kinslee never gives up and is very determined.
- She is always happy and smiling.
- She is a great team player who loves helping others!

We would like to thank every gymnast for trying their hardest! Gymnastics is a sport of dedication that requires endless inspiration. Our goal here at CATS is to supply that motivation in a way that fits all athletes. Check back next month to see who has been hustling for their goals!

Every month, each coach gets to pick a gymnast that's displays a terrific example of a GOLDEN student! This month our gymnast of the month is Kinslee Schrewin!



"Set your goals, follow your dreams, listen to your heart and don't let anything stand in your way."

**-Brandy Johnson**

# Coach Kim's Corner:

## *The Misconceptions and Benefits of Youth Resistance Training:*

Youth resistance training, weight/strength training, can be a controversial topic. Many have heard that resistance training in youth may cause damage to the growth plates. Although inappropriate resistance training does have the potential to cause minor injuries, researchers have found that when performed properly with knowledgeable supervision, it is both beneficial and safe.

In addition to gains in strength, resistance training offers multiple other benefits including improved motor skills, changes in body composition and self-esteem, improved bone mineral density, improved psychosocial well-being, decreased risk for cardiovascular disease, and decreased injury rates. So the next time you see your gymnast pumping a little iron feel confident that they are getting great benefits out of their work out!



## ***COUPON***

Bring-a-friend to class, if they sign up that day, you get a \$25 credit on your account for future use! Friend must sign up for at least half a session!

•CHECK OUR WEBSITE:

[HTTPS://CATSRC.COM/](https://catsrc.com/)

•FOLLOW US ON INSTAGRAM:

[HTTPS://WWW.INSTAGRAM.COM/GYMCATSRC/](https://www.instagram.com/gymcatsrc/)

•LIKE US ON FACEBOOK:

[HTTPS://WWW.FACEBOOK.COM/GYMCATSRC/](https://www.facebook.com/gymcatsrc/)

Call (760) 446-0332, or stop in at 1000 N. Norma St. Suite 8, for more information. (behind Del Taco, across from Crossfit)



## ***COUPON***

Bring this to the gym and sign up for a free class! LIMIT 1 COUPON PER PROMOTION NOT GOOD FOR OPEN GYM.



**Thank you for being a part of the CATS family!**

*Check back next month!*