

## Form & Flexibility Class Description

**(Ages 5–18 years old)**

Form & Flexibility **Description:**

**(Ages 5 – 18 years old)**

Our Form & Flexibility class is an energetic class that blends gymnastics with elements of dance and acrobatics, focusing on honing technical execution, fluidity, and artistic expression.

Gymnasts will be guided through a series of exercises and drills aimed at refining form, precision, and increasing range of motion. Targeted stretching routines enhance flexibility, fostering increased agility and grace in movements. Emphasis will be placed on proper body alignment, posture and muscle control to optimize performance. Additionally, the class will integrate air awareness, teaching students to understand and control their movements in aerial space.