

Party Time!

For birthday's, groups or special occasions...a perfectly fun party! We now offer Gymzone Party Invitations...an easy party planning solution!

Party Package # 1 \$110.00

1 hour of gym time and 45 minutes in party room

Party Package #2 \$140.00

1 ½ hours of gym time and 45 minutes in party room

Party Package #3 \$75.00

1 hour of gym time only

***all parties are for 10 participants or less!**
Ask about our Toppers Pizza deal!

Fit and Fun Day Camps

*Laughing - Smiling - Learning
and Exploring*

Children ages 4 and up will experience fun-filled adventures in gymnastics, martial arts, swimming, outdoor play, team sports, dance, arts & crafts and other exciting activities!

March Break - Christmas - Summer Camps and P.A. Days

Daily Rate of \$30 per child

Half Day Rate of \$20 per child

Weekly Rate of \$125 per child (full days) or
\$85 per child (half days)

*Your child's schedule may be customized
to suit your individual needs!*

Inquire Today About Some of Our Specialty Programs....

School Visit Program

Adult Classes

Drop in Gym Program

Customized Cross Training Programs



YOUR FAMILY FITNESS CENTRE

- Gymnastics
- Martial Arts
- Dance



Home of the Sudbury Laurels Gymnastics Club!

We provide the families within our community the opportunity to have fun and be fit, together at the same place!

All under one roof are quality programs that promote confidence, flexibility, strength and positive attitudes!

Have fun and be healthy together!

Now Available at Two (2) Convenient Locations!

Telephone: (705) 521-1551

New Sudbury
1311 Gemmell Street
Sudbury, Ontario

Bleazard Valley
2891 Martin Road
Sudbury, Ontario

Gymzone Gymnastics!

Learning through movement in gymnastics is a means through which a child gains self-confidence by improved individual physical ability and awareness. By giving children this developmental advantage, they are better prepared for any physical activity and will be more likely to participate!

Magical Movers

18 to 36 months

Description to appear here

Movers & Shakers-Girls

Ages 6 and up

Description to appear here

Parents & Tots

ages: 3 years

Description to appear here

Movers & Shakers-Boys

Ages 6 and up

Description to appear here

Kindermovers

ages: 4-5 years

Description to appear here

Trampoline Only

Ages 6 and up

Description to appear here

We offer pre-competitive and competitive programs in gymnastics, trampoline and power tumbling!

Join our Drop In Gym Program on Mondays and Wednesdays from 7:30 pm to 9:00pm!

Korean Martial Arts Centre!

Sign up Now for one of our fabulous programs, catering to both adults and children!

Our carefully designed children's programs are fun and easy to learn. The focus is on character building, discipline, attention, respect, confidence, life lessons and long term health and fitness habits!

Programs available:

Little Dragons

Ages 4 to 7 years

Junior

Ages 8 to 12 years

Adults

Ages 13 and up

Adults can enjoy programs for all fitness levels! Focus is on weight loss, flexibility, increased energy, self defense and increase life span! Take part in our popular Cardio Kick class! A vigorous program that is fun and easy to learn!

Now that is something to kick about!

Dance to the Beat of Your Own Drum!

Our dance classes are high energy with concentration on freedom of movement and learning rhythm in a creative setting!

Rhythm and Clap

Ages 4 to 6 years up

Beginning with the basics of ballet and some funky Freestyle movements!

Express Yourself

Ages 7 to 9 years

Expression of jazz with the floor rockin' moves of hip hop!

Jazzy Hip Hop

Ages 10 years and up

Get that

Ask about our Multi-Program, Family Discounts! Adult Classes!

What an opportunity... take some time for yourself while the children are having fun! Get fit and be healthy with one of our adult classes!

Classes available in trampoline, gymnastics and martial arts! Jump, soar and kick your way to a healthy and active lifestyle!

Don't forget to take part in our popular Cardio Kick class .. an energizing and exciting way to stay in shape!