



**HEALTHQUEST**  
FITNESS CLUB

# CHEER TUMBLING CLINIC



**SEP 11 - OCT 30**

**Downstairs in  
Competitive Gym**

**Every Monday  
7:30 - 8:30PM**

**For Girls Ages 8-13  
(Open to All Levels)**

**HQ Members: \$200  
Non-Members: \$250**

**REGISTER NOW! SPACE IS LIMITED!**

**Sign Up Now at HQ Program Desk**

(908) 782-4009, Ext. 233 • [programdesk@hqfit.com](mailto:programdesk@hqfit.com)

**Questions?**

Contact HQ Gymnastics at [gymnastics@hqfit.com](mailto:gymnastics@hqfit.com)



WITH

**PAIGE HODO**

HIGH LEVEL GYMNASTICS COACH

MASTER THESE SKILLS AND MORE:

**WALKOVER**

**BACK HANDSPRING**

**ROUND OFF BACK  
HANDSPRING**

**BACK TUCK**

**AERIALS**

