

Recreational Gymnastics

2026 Summer Schedule: 5 weeks June 29 - July 31, 2026

<i>You & Me Ages: 12-36 months Gym 2</i>			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	10:30 - 11:00 am (2)	9:00 - 9:30 am (2)	
<i>Pre-Gym 3 Gym 1</i>			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	9:55 - 10:25 am (1)	4:00 - 4:30 pm (1)	
	4:45 - 5:15 pm (1)		
<i>Pre-Gym 4-5 / Kindergarten Gym 1</i>			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	9:10 - 9:50 am (1)	9:35 - 10:15 am (1)	
	4:00 - 4:40 pm (1)	4:35 - 5:15 pm (1)	
	5:20 - 6:00 pm (1)	5:20 - 6:00 pm (1)	
<i>Kindergarten ages 5-6 (must be currently enrolled in Kindergarten) Gym 1</i>			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<i>Girls Gymnastics ages 6+ Gym 2</i>			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		4:00 - 4:55 pm (2)	4:45 - 5:40 pm (2)
		5:45 - 6:40 pm (2)	5:45 - 6:40 pm (2)
<i>Boys Ninjastics ages 6+ (gymnastics + ninja-type obstacles) Gym 2</i>			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		5:00 - 5:40 pm (2)	4:00 - 4:40 pm (2)
<i>Tumbling (must have a solid round off) co-ed ages 6+ Gym 2</i>			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<i>Adult Gymnastics Comp - must register via HQ App Weekly</i>			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY



Gymnastics Attire

Leotards for girls (without skirts), gym shorts and tucked in T-shirts for boys.

Students work barefoot. No jeans, street clothes, or loose clothing.

Denim, Nylon wind or cargo pants do not stretch and make it difficult to spot.

Inappropriately dressed students will not be allowed to participate. Hair must be tied back. This is for the child's safety.

Use elastic hair bands.

Please do not use bows, hard barrettes, or plastic clips, these hurt the child's head during tumbling.

Please remove jewelry prior to class.

No food or drinks in the gym.

HealthQuest is proud to offer the following Programs as well

*Contact Karen Martini or Gabrielle Brecht at Gymnastics@hqfit.com
or 908-782-4009 ext 257 for further information*

Advanced Accelerated

A coed class, training in the downstairs Team Gym, for those who love gymnastics and want more advanced progressions and instruction.

Class Length : 75 minutes

For Girls ages 6-14 years

Mini-Quest

A non-competitive program designed to provide the foundational work necessary to compete in the future. Fee based.

Class Length: 90 min., Twice a week

Ages: 4-5

Pre-Team

A non-competitive program designed to provide the foundational work necessary to compete in the future. Fee based.

Class Length: 2 hours, twice a week

Ages: 6-10