



Check out our programs! ★

We deliver the highest quality gymnastics-based programs in our community that encompass athlete fitness, movement fundamentals, and – the key ingredient - maximum FUN!

Our Vision is for GymZone Gymnastics & Athletics to be the "go to" centre in our community for the development of individual potential in children of all ages and skill levels.

- ★ Birthday Parties
- ★ P.A Day Camps
- ★ March Break/Summer Camps
- ★ School Visits
- ★ Healthy Living Program (After School)
- ★ Family Drop-in
- ★ Teen Drop-in
- ★ Adult Drop-in
- ★ KMAC

Contact Us Today!

GymZone Sudbury
1311 Gemmell Street
Sudbury, Ontario
705-521-1551
sudbury.admin@gymzone.org

GymZone Valley
2891 Martin Road
Bleazard Valley, Ontario
705-222-1552
valley.admin@gymzone.org

Register with GymZone today and take the first step to encouraging a healthy and active lifestyle for your child!

GymZone Today, Athlete For Life!



OUR RECREATIONAL CLASSES

3 YEARS & UNDER



★ = Parent Accompaniment

Mommy & Baby Fitness

Designed to give moms the chance to play with their little one, socialize with other moms and get in shape - all at the same time!

Baby-nasticZ ★

Baby's first introduction to the GymZone world through a fun, social and group environment.

Twinkle TotZ ★

Designed for tots to find the perfect balance between learning, play and gymnastics FUNdamentals.

Twinkle ToddlerZ ★

1-2-3 I'm 3! The next stepping-stone towards expanding your child's learning, play and gymnastics FUNdamentals.

KINDER STARZ 4&5 YRS



Kinder StarZ

The basics of gymnastics and sport while encouraging independence in a group setting!

Kinder StarZ PLUS!

Designed for children who have completed one year in our KinderStarZ program!

RECREATIONAL GIRLS 6-13 YRS



Rising StarZ

Young ladies will develop their flexibility, power, balance and coordination while learning fun and challenging gymnastics skills with their friends!

Future StarZ Girls

Designed for young ladies who have completed at least one year in our Rising StarZ program with increased exposure to more challenging skills and combinations.

Super NovaZ Girls

Advanced classes for girls who have mastered gymnastics basics and are looking for an extra challenge. Our Super NovaZ Program is on an invitation only basis.

**Ask us about our gymnastics classes for 14 yrs+*

RECREATIONAL BOYS 6-13 YRS



All StarZ- Boys

High-energy classes designed for active boys - focusing on the gymnastics basics that develop strength, speed, power and agility.

Super NovaZ Boys

Advanced classes for active boys who have mastered gymnastics basics and are looking for an extra challenge. Our Super NovaZ Program is on an invitation only basis.

TRAMPOLINE 6-13 YRS



Shooting StarZ

Trampoline-based class designed to develop skills such as free space awareness, proprioception, balance, and agility.

Flip StarZ

The perfect combination of tumbling & trampoline!

Super NovaZ Trampoline

Advanced classes for athletes who have mastered trampoline basics and are looking for an extra challenge. Our Super NovaZ Program is on an invitation only basis.

SPECIALTY CLASSES



Competitive High School Prep

Tricks & Flips for Dancers

Acrobatics Class

Parkours Class

Check out our Competitive
Gymnastics Programs!
www.sudburylaurels.ca

