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Star of the Month

Matthew Wleklinski

Motion Evolution Program

Matthew Wleklinski is this Month's Star of the Month. Matthew is involved in Motion Evolution, IA's Children's Fitness Program. He likes Motion Evolution because they do a lot of different things each week.

Age: Will be 7 on Dec. 20th

Grade: First

Favorite Food: Meatballs

Other Activities: Wii, Playing Basketball and Football with his friends.



Holiday Camps

Fri, December 23

Reindeer Day



We will also be making special food for those reindeer that come to visit us on Christmas Eve. There will be a live reindeer here to visit.

Tues, December 27

Cheer/Boot Camp



Girls will learn cheers, chants, jumps, tumbling and pom dance. Boys will jump, swing, and bounce in the gym.

Wed, December 28

Dinosaur Camp



How many different kinds of dinosaurs were there? How big were dinosaurs? Would you want to live in a time when dinosaurs were alive? We will be exploring all of these questions.

Thurs, December 29

Sports of All Sorts



Do you love to kick, throw, or hit a ball? Do you love to do gymnastics, tumble or jump on a trampoline? Do you enjoy playing games? Then this camp is for you. We will be using up lots of energy today, so be prepared.

Motion Evolution Children's Fitness Program

Motion Evolution is a child's fitness program designed to improve physical fitness levels in every child.

Motion Evolution teaches the foundations of movement (tossing, jumping, kicking, inversions, balance, etc.), giving children a greater fitness level and increased confidence.

We are establishing and reinforcing lifelong habits which nurture physical, mental, and emotional wellness.

Monday

K-2nd: 4:00

3rd-4th: 5:00

5th-8th: 6:00

Monday

K-4th: 5:00

5th-8th: 6:00

To register call the front desk at 733-3000 or go to interactiveacademy.org/Motion-Evolution.html.

Holiday Hours

We will **CLOSE** Dec. 23rd (Fri) at 6:15PM.

There will be **NO CLASSES** Dec 26-30.

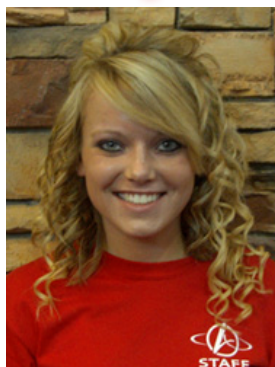
Camps and **Teams** will run

Dec. 27th (Tues)-Dec. 29th (Thurs).

Employee of the Month

Stefanie Philibeck

Pre-Girls Team Coach



Stefanie Philibeck is a Junior in college majoring in baking and pastry arts. Stefanie has been involved in gymnastics since the age of 4 and was a cheerleader through high school. She has worked with kids for years through nannying, babysitting, and coaching. Stefanie loves coaching and helping kids achieve their goals.

Stefanie was born and raised in Michigan and now lives in Zionsville. Her hobbies are baking, traveling, exercising, and spending time with friends and family.

Fitness New Years Resolution? *We can help!*

As the New Year approaches, many people start to think about their New Year's Resolution. One of the most popular resolutions is **Fitness**, whether it be **weight loss, muscle growth, or just trying to stay toned**. InterActive has many options to help you with your goal.

Along with our fitness classes we offer **individual, team, or group personal training**. We also offer an **Adult Gymnastics (Thurs, 8-9PM)** class which caters to your own ability.

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	Boot Camp Yoga-laties		Boot Camp		Boot Camp
10:00 AM		Boot Camp		Boot Camp	
11:00 AM	Abs & Back	Yoga-laties	Abs & Back		Abs & Back
Noon		Kickbox Strike			
5:30 PM	Abs & Back		Abs & Back		
6:00 PM	Yoga-laties				
7:00 PM	Boot Camp		Yoga-laties		

For more information contact Justin Wilson 317.733.3000 ext. 1007 or Jen Schilling 317.733.3000 ext. 1006.

REMINDER

Winter Session Jan 2 - Mar 10

If you haven't already done so,

Register Now!

Classes are filling up fast!

How Gymnastics Helps Your Child's Brain Development

Flip on the Focus

Any time a child participates in activities that require moving large muscles and the compression of joints, this is referred to as heavy work. Heavy work is a term used in the therapy world to describe the types of activities that help focus the brain. Vaulting, hanging, flipping, climbing, and leaping are examples of phenomenal heavy work opportunities for children. Focusing with ease leads to learning with ease.



Hang Ten for Handwriting

Observing children swinging on uneven bars seems as far away as one can get from observing a child trying to write a paragraph, but actually, the two require remarkably similar skills. For children to have good handwriting skills, they must have strong muscles that work together for a common cause. Mighty abs, back muscles, shoulder muscles, forearms, wrists, and fingers are essential for good writing skills. When children have poor upper body strength and weak core muscles, they have trouble sitting upright at a desk, holding a pencil, and writing legibly. Bar work strengthens all muscle groups responsible for writing with ease.

