

# CHEER FACTOR

## May Mania - Hanover

May 3rd - May 27th

### Monday

5pm  
Dynamic Warm Up  
Line Drills

5:30pm  
Running Tumble (level 3-6)  
Standing Tumble (level 1-2)

6pm  
Motions & Dance  
Have to Have it - Tucks  
Front Tumble (all levels)

6:30pm  
Just Jumps  
Power Rod (level 3-6)  
Have to Have it - BHS

7pm  
Core Conditioning  
Running Tumble (level 1-2)  
Standing Tumble (level 3-6)

7:30pm  
Stretch & Flex  
Twisting, Fulls & Doubles  
Running Tumble (all levels)

### Wednesday

5pm  
Dynamic Warm Up  
Line Drills

5:30pm  
Have to Have it - Tucks  
Have to Have it - Layouts & Fulls  
Have to Have it - BHS

6pm  
Running Tumble (level 3-6)  
Standing Tumble (level 1-2)

6:30pm  
Running Tumble (level 1-2)  
Standing Tumble (level 3-6)

7pm  
Just Jumps  
Intro to Specialty Passes  
(level 1-3)  
Advanced Specialty Passes  
(level 4-6)

7:30pm  
Stretch & Flex  
Power Standing (level 3-6)  
Front Tumble (level 1-2)

### Thursday

5pm  
Dynamic Warm Up  
Line Drills

5:30pm  
Running Tumble (level 3-6)  
Standing Tumble (level 1-2)

6pm  
Just Jumps  
Have to Have it - BHS  
Have to Have it - Tucks

6:30pm  
Stretch & Flex  
Standing Tumble (level 3-6)  
Running Tumble (level 1-2)

7pm  
Front Tumble (level 1-3)  
Have to Have it - Layouts & Fulls

7:30pm  
Core Conditioning  
Running Tumble (all levels)

## MAY MANIA

Tuesday, May 3rd - Friday, May 27th

Ages 6+

Choose ONE night for the month of May  
Multiple nights can be purchased

3 hour block includes unlimited 1/2 hour classes covering all  
aspects of cheer and tumble for all levels

Registration is required for unlimited May Mania nights

\$150

Drop into May Mania classes  
\$10/half hour class

email [info@cheerfactorgym.com](mailto:info@cheerfactorgym.com) for more information