

UHigh Gymnastics Pre Season Conditioning



It's time to get physically and mentally ready for the start of the gymnastics season. The first day of practice is November 8th! To make sure the team is ready when the season begins, there will be pre-season conditioning classes. The classes are conducted by Team Captain Stacie Davis.

Begins: October 25th for two weeks

Times: 2:30 - 3:30pm

Days: Mondays and Wednesdays

Location: UHigh Gymnastics Gym



While attendance is not taken during these workouts it is critical to attend to not only get in shape but to meet potential teammates and learn some basic skills. Gymnasts are strongly encouraged to attend as their schedule allows. Please wear work out clothing including running shoes. Prepare for indoor and outdoor weather workouts.

If you have any questions, please call Stacie at 863-5062.