



## A NEW IDEA FOR HOSTING TYSON FITNESS CHALLENGE AND NATIONAL GYMNASTICS DAY

**TNT Gymnastics** and Fitness Complex in Jacksonville, Florida, is owned by Denise Brumsey and Devon Everett. They came up with a creative way to host the Tyson Fitness Challenge in their gym. Check out the way in which these owners organized the Tyson Fitness Challenge to meet their gym's needs!

What is your gym doing for the Tyson Fitness Challenge or National Gymnastics Day?  
Tell us online at [www.usa-gymnastics.org](http://www.usa-gymnastics.org). Send your photos and story to [Clubservices@usa-gymnastics.org](mailto:Clubservices@usa-gymnastics.org)





## FAMILY FITNESS CHALLENGE AT TNT GYMNASTICS & FITNESS COMPLEX

BY DENISE BRUMSEY

**T**NT Gymnastics & Fitness held an event on May 15 to kick off the Tyson Fitness Challenge. We invited all current customers to attend a free fitness night. We were thrilled with the turnout as we had 18 teams ranging in age and ability.

An adult partnered up with a child they were related to, and all but one team included a parent with their child. The participants were divided into two divisions to allow for fair competition. Division 1 was my Level 4 and higher level boys and girls competitive team members with their adult partner; Division 2 was any recreational gymnast or Levels 2-3 competitive team gymnast with their adult partner.

We all started out with a warmup, a little cardio and stretching. The best part was encouraging the children to help their parent stretch correctly...boy was that fun for the kids!

We announced the six stations each team would have to participate in so we could pick our winning fitness teams. The fitness stations were as follows:

- V-Sit Valley: Hold a v-sit for as long as possible between two incline mats.
- Hanging Around: Hold a horizontal hang position with chin to bar, however the competitive team had to hold chin to bar while in L hang.

- To The Toes and Beyond: Hanging pike stretch, reach as far as possible with legs straight.
- Push Ups & Downs: Using panel mats, which come up to the challengers' elbow, do as many push-ups on and off the panel mat stack in 1 minute.
- Obstacle Course: Everyone had the same obstacle course.
- Pit Races: The adults only needed to "swim" across 1 time, however the children had to do 2 laps, and the competitive team had to do one lap on their back! Adults really broke a sweat on this station and we even had to rescue one tired mom!

Everyone had a good time challenging each other in a safe environment. We awarded bonus points to any parent who could get a split flat...and there was actually one who did! We decided the winner by totaling the child and adult times, and then ranked each one. They received points based on how they finished in each category. We held a medal ceremony to announce our 1st, 2nd and 3rd place finisher in each division. Afterwards, everyone headed to our reception area where we shared goodies brought in by each family. This event had great results in parent/child bonding, but also the parents gained appreciation for a fun way to get fit. Some of my most physically-fit parents couldn't believe how challenging these stations were! It was a success! ✨