

Epic Gymnastics

Train. Succeed. Repeat

Gymnastics, Tumbling & Karate

Promote perseverance, pride of accomplishment, discipline and self confidence. They establish the foundation for all sports by building strength, speed, flexibility and body awareness. Our aim is to increase your child's self esteem through goal oriented progressions that recognize individual differences in growth and maturity. *Class Schedule subject to enrollment & staff availability.*

Start any Program at any time during the year. Your Class spot is maintained from Session to Session (*10-Weeks each*). Summer Class Schedules are announced in the Spring. Students are placed in Classes according to age and skill level. Student/Teacher ratios are kept as small as possible.

We take every precaution to provide a **safe, clean and socially acceptable means** for your children to enjoy being at Epic and Pendo Karate. Safety is our top concern. The facility is deep cleaned and fogged every night. Events are wiped down in-between rotations and classes. These precautions are based on the state level guidelines and will be enforced to ensure the children and staff are as safe as possible while conducting classes. Let's work together to provide the best overall environment for all students, families and staff.

Gymnastics Teams - Developmental and Competitive Teams participate in USA Gymnastics (USAG) Xcel & our in house Epic Twisters team. Numerous individual and team titles at State, Regional and National Meets.

Gym Open Workouts

Practice your skills at your pace under Staff supervision. Current Class & Team Students (must be in first grade) Every Friday Night 7:00–9:00pm - \$20 per Friday **Not a member?** Pay Registration Fee of \$30 per student or \$45 per family to attend open workouts all year.

Facility - Fully Air Conditioned 21,000 square ft facility that surpasses all USA Gymnastics specifications with top notch equipment for every age, level and program.

Make Up Policy - Two Make Ups within each Session. Must be currently enrolled in Class Register online at Epicgymnj.com

Questions?! Call 732-223-5020 or email info@Epicgymnj.com

Team Questions!? Team@Epicgymnj.com

Epic Gymnastics

Class Schedule 2025-2026

| Epic Gymnastics | Class | Length | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------|-------------------------------|--------------------|------------------------|--------------------------|--------------------------------|------------------------------|------------------|--------------------|
| Junior Gym 1-5yrs | Me & You 1-2yrs | 1/2 hr | | 9:00, 9:30 | 10:00, 10:30 | | | 9:00, 9:30 |
| | Me & You 2-3yrs | 3/4 hr | | 9:00, 10:00, 11:00 | 9:00, 10:00, 11:00 | 9:00, 10:00, 11:00 | | 9:00, 10:00, 11:00 |
| | Mini Gym 3yrs | 3/4 hr | | 9:00, 10:00, 11:00, 4:00 | 9:00, 10:00, 11:00, 4:00, 5:15 | 9:00, 10:00, 11:00 | 4:00, 5:00, 6:00 | 9:00, 10:00, 11:00 |
| | Mighty Gym 4-5yrs | 1 hr | | 9:00, 10:00, 11:00, 4:00 | 9:00, 10:00, 11:00, 4:00, 5:15 | 9:00, 10:00, 11:00 | 4:00, 5:00, 6:00 | 9:00, 10:00, 11:00 |
| Girls Gym 6+yrs | Girls Gym 1 | 1 hr | 4:00, 5:00, 6:00, 7:00 | 4:00, 5:00, 6:00, 7:00 | 4:00, 5:15 | 4:00, 5:00, 6:00, 7:00 | 4:00, 5:00, 6:00 | |
| | Girls Gym 2/3 | 1 hr | 4:00, 5:00, 6:00, 7:00 | 4:00, 5:00, 6:00, 7:00 | 4:00, 5:15 | 4:00, 5:00, 6:00, 7:00 | 4:00, 5:00, 6:00 | |
| | Girls Gym 4 | 1 hr | 4:00, 5:00, 6:00, 7:00 | 4:00, 5:00, 6:00, 7:00 | 4:00, 5:15 | 4:00, 5:00, 6:00, 7:00 | 4:00, 5:00, 6:00 | |
| | Girls Gym 5 | 1 hr | 4:00, 5:00, 6:00, 7:00 | 4:00, 5:00, 6:00 | | 4:00, 5:00, 6:00, 7:00 | | |
| | High School | 1.5 hrs | | 7:00 | | | | |
| | Twisters | 2 hrs | | | 4:30 | | | |
| Boys Gym 6+yrs | Boys Gym | 1 hr | | | | 4:00, 5:00 | 4:00, 5:00 | |
| Tumbling and Tramp 6+yrs | Boys & Girls 6+ yrs | 1 hr | 5:00, 6:00, 7:00, 8:00 | | | 4:00, 5:00, 6:00, 7:00, 8:00 | | |
| Home School Group | Boys & Girls 6+yrs | 1 hr | | | | 11:00 | | |
| Pendo Karate | Class | Length | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Kinder Karate 3-4yrs | Kinder 3-4 yrs W/B | 1/2 hr 1x or 2x/wk | 4:15 | | 4:15 | 4:15 | | |
| Boys & Girls 5-18yrs | Intermediate W/B/Y/O 5-10 yrs | 1 hr 1x or 2x/wk | 4:45 | 4:45 | 4:45 | 4:45 | | |
| | Advanced G/P/B/Sr.B | 1 hr 1x or 2x/wk | 5:45 | 5:45 | 5:45 | 5:45 | | |
| | Black Belt | 1 hr 1x/wk | | 6:45 | | | | |

Session Schedule 2025-2026

Four 10 - Week sessions

(All closings incorporated into your Childs 10 weeks)

Session #1 September 4th 2025

Session #2 November 13th 2025

Session #3 February 2nd 2025

Session #4 April 13th 2025

Gym Closings 2025-2026

October 31st (Halloween)

November 27th-29th (Thanksgiving)

December 24th-January 1st (Christmas/New Year)

May 25th - (Memorial Day)

Registration Fee

(Due with Registration - Non Refundable)

\$55 per student (\$85 per family) Family Discount

Available! Epic T-Shirt for every registered athlete!

Reg. Fee covers from first class through summer.



"Jump off the beam, flip off the bars,
follow your dreams and reach for the stars."

— Nadia Comaneci

Epic Gymnastics
Session Schedule 2025-2026

| session | monday | tuesday | wednesday | thursday | friday | saturday |
|---------------|--------|---------|-----------|----------|--------|----------|
| START DATE → | 09/08 | 09/09 | 09/10 | 09/04 | 09/05 | 09/06 |
| FINISH DATE → | 11/10 | 11/11 | 11/12 | 11/06 | 11/14 | 11/08 |
| START DATE → | 11/17 | 11/18 | 11/19 | 11/13 | 11/21 | 11/15 |
| FINISH DATE → | 01/26 | 01/27 | 02/04 | 02/05 | 02/06 | 01/31 |
| START DATE → | 02/02 | 02/03 | 02/11 | 02/12 | 02/13 | 02/07 |
| FINISH DATE → | 04/06 | 04/07 | 04/15 | 04/16 | 04/17 | 04/11 |
| START DATE → | 04/13 | 04/14 | 04/22 | 04/23 | 04/24 | 04/18 |
| FINISH DATE → | 06/22 | 06/16 | 06/24 | 06/25 | 06/26 | 06/20 |

(ALL SCHEDULED CLOSINGS ARE INCORPORATED INTO YOUR CHILDS 10 WEEKS)

Begin here, Go
anywhere!



2025-2026

2351 HWY 34

Manasquan, NJ 08736

732-223-5020

Email: info@epicgymnj.com

www.epicgymnj.com

www.pendokarate.com

Instagram

EpicGymNJ

Facebook

@EpicGymNJ