



Shannon McBride is the new owner of *Generation Gymnastics*, formerly All-Star Gymnastics. The newly renovated 15,000+ sq. foot facility features the latest techniques and equipment for quality gymnastic instruction for boys and girls from 18 months to high school age.

“What makes *Generation Gymnastics* unique is that we educate and inform the whole family,” explains McBride. “We make it fun and informative for everyone! Our spectator balcony is ideal for watching your children build their skills and learn new techniques. We encourage our students by using the latest training methods and advancements in gymnastic skill building.”

The extensive renovations in the facility included reworking the flooring for different needs of support, adding a specialized preschool to 5 year old section with 15 event stations, and a loose foam pit for gymnasts to build their skills and encourage safety. Other training equipment includes balance beams, pommel horses, mushroom stands, parallel and uneven bars, vault stations, class bars, and tumble tracks. “Our strength and flexibility station is a valuable addition to our facility,” Mc-



Bride pointed out. “Every student benefits from each area of our new facilities!”

McBride brings over 17 years of experience in gymnastics, including coaching 30 state champions and 26 gymnasts in regional competition levels. She is involved in the Men’s and Women’s Junior Olympics program and is a Professional Member of the USA Gymnastics organization.

The custom-designed curriculum at *Generation Gymnastics* includes measurable accomplishments for each student, personalized education and quality coaching in a fun, engaging and rewarding setting. Birthday parties, parents’ night out, field trips, camps, clinics, and private lessons are also opportunities for children and parents to experience *Generation Gymnastics*. Start your child's journey in motion today.

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