

Want a trial class before choosing a membership?? Only \$15 for your first trial class

TVT Class Descriptions

Become a TVT 007 exclusive member!

PRO: (Unlimited Class Participation) - \$99/Month

UNLIMITED Tumbling/Cheer Classes

SEMI: (2 Class/Week Only) - \$79/Month

2 Tumbling/Cheer Classes/Week

BASIC: (1 Class/Week Only) - \$59/Month

1 Tumbling/Cheer Class/Week

Cheerabilities Tumbling

Do you have a child with special needs?? This class focuses on coordination and working to gain a skill that best fits your athlete. This class can be taken if you don't feel they are ready for our special needs team. We will work on listening skills, confidence, trying new things, and building endurance. Parents can choose to participate or watch.

Class time is 60 minutes

Adult Cheer Class (ages 18+)

Are you an adult that always wanted to try cheer? Are you a previous athlete that wants to get back into the great days of being a cheerleader? Well, this is the class for you, come on down to TVT Allstars and get those muscles moving again with motions, jumps, and even stunts if you are feeling bold! This is separate from the Adult Cheer Team. This is if you don't want to make a team commitment.

Class time is 60 minutes

Coed Stunting

Do you want to learn how to coed stunt?? This class is open to males wanting to work to improve skills or learn from the beginning. This is also for flyers wanting to improve skills or learn from the beginning. Bring a friend or your coed stunt partner to work together to gain skills.

Class time is 60 minutes

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Beginner Tumble (ages 3 to 6)

Do you have a little one that likes to flip their body around and they give you a heart attack every time? This is the perfect class for them to learn proper techniques in a controlled setting. Work on all beginner skills from forward rolls, handstands, cartwheels and more!

Class time is 45 minutes

Beginner Tumble (ages 6+)

Do you have an athlete who always wanted to try tumbling? This is the perfect class for them to learn proper techniques in a controlled setting. Work on all beginner skills from forward rolls, handstands, cartwheels and more!

Class time is 60 minutes

Walkovers (any age that is ready)

This class is designed towards athletes have mastered beginner skills like handstands, cartwheels, backbends and are now ready to learn front and back walkovers.

Class Time is 60 minutes

Back Handspring and more

This class is designed for athletes who have mastered level 1 skills (cartwheels, roundoffs, front and back walkovers) and are looking to work towards a back handspring. Whether you are working towards your back handspring or already have one and looking to add higher skills, this class is for your athlete.

Class time is 60 minutes

Cheer 101

This class is a great way to introduce your child to the sport of cheerleading. We will focus on all the elements of a cheerleading routine including motions, jumps, stunts, tumbling and dance. We know that you and your child will fall in love with cheerleading. All ages are welcome.

Class time is 60 minutes

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Become Center Flyer

This class is focused on improving overall flexibility as a flyer. If you want to make that center stunt group, then you must be the best. We will work on body positions, deep stretching, facials, body control and more! All ages are welcome.

Class time is 60 minutes

Become Center Jumper

This class is focused on improving your strength, technique, and flexibility to have great jumps. Nobody wants to be in the backrow for jumps. Work to earn that center spot. All ages are welcome.

Class time is 45 minutes

Yoga

This class will help improve your overall physical and mental health. Yoga is about stretching and strengthening muscles, but it is also about meditating the mind as well. This class is mostly for adults but if you have a child that you would like to try yoga with, we are open to it. Mats are not provided, please bring your own mat.

Class time is 60 minutes

Zumba

Zumba is a fun way to workout by incorporating music and dancing. We will have two sessions, one for adults only and one for all ages. Everyone can enjoy some dancing and music.

Class time is 60 minutes

Individual Privates

30 and 60 min sessions are available and can be anything from tumbling to stunts. If you want some true one on one time to gain your skills then privates are for your athlete. Email info@tvallstars.com to schedule privates