

Gulf Coast Gymnastics
850-934-3990

Gulf Coast Gymnastics has something for everyone!
Boys, girls, and adults (all ages) can learn while building strength, flexibility, self confidence, and positive life skills at this top notch facility.

“I appreciate you guys so much - Gulf Coast Gymnastics is a light in our community.”
Jeanette J.

GCG is owned and managed by Chris and Laura Hood. Laura explains, “We love to help kids progress and reach their potential while building a positive self image. Athletes from all different sports come to GCG for training. While we have baseball players, football players, track & field athletes, etc., we also have high level gymnast and cheerleaders! For example, Kelsey Moran placed in the top 25 at the Level 9 USA Gymnastics Nationals in May 2007!”

Chris and Laura Hood are former gymnasts and cheerleaders. They both coached boys and girls competitive gymnastics and taught classes to kids of all ages while in college. Chris went on to judge USA Men’s Gymnastics and coach a college cheerleading squad at The University of Tennessee. Laura is an Exercise Physiologist which helps the focus stay on proper exercises and fitness for a lifetime.

Gymnastics is a great sport in and of itself; however, it’s also a great foundation and complementary sport to anything else. This sport improves the student’s flexibility, strength, body awareness, balance, coordination; air sense...the list goes on and on!

GCG offers a variety of classes, special events, and programs for kids and adults.

Preschool Classes	Birthday Parties
Preschool Open Gym	Parent’s Night Out
Preschool Cheernastics Classes	Fall Fling & Spring Fling
Boys & Girls Gymnastics Classes	Girls Competitive Gymnastics Teams
Back Handspring Classes	Boys Competitive Gymnastics Teams
Boys & Girls Cheerleading Classes	All Star Cheerleading Squads
Trampoline & Tumbling	Summer Camp
Adult Tumbling	Day after Thanksgiving Camp
Home School Classes	School’s Out Day Camp
Fitness Classes	Super S.T.A.R.S.
Physical Therapy (for birth-3 yr. olds)	

Coming Soon.....call to get on our waiting lists so we can call you at the start of the new program

- Pilates Classes
- Dance Classes
- Jump Roping
- Saturday Sock Hops
- Mom’s Morning Out

We invite you to come check out all the fun and amazing events happening at GCG! We are located across from The Zoo. Call for more information ~ 850-934-3990.