

What Are The Benefits?

Everything we do at GymKix is designed to foster active fun and learning! The sports we offer are perhaps the most comprehensive "lifestyle exercise programs" available to children, incorporating strength, flexibility, speed, balance, coordination, power and discipline. The benefits from our activities are life-long and would be a never-ending list, so we've highlighted just a few below:

Benefits For Every Child

- Builds self-esteem and confidence
- Develops coordination
- Builds strength, power, and flexibility
- Provides a solid foundation for fitness
- Improves performance in other sports
- Enhances posture and balance
- Perfects listening skills and ability to follow directions
- Improves goal-setting skills and concentration

Benefits For Young Children (1 - 5 yrs. old)

Early childhood movement education is directly attributed to promoting reading readiness. While the pre-school gymnastics teacher runs about and plays with the children in her class, she is preparing her students for successful experiences in school. Children who have participated in movement education activities have:

- Longer attention spans
- Increased communication skills
- General problem solving skills
- Improved self-esteem
- Improved fine and gross motor skills

Most importantly, our programs provide children with an opportunity to make new friends and have fun! GymKix is affordable, healthy, educational, fun, and safe! We look forward to creating a lifetime of memories with your family!

A Picture Is Worth A Thousand Words!

Kids get creative at our Summer Camps!



Our Recital is a family event where every child feels like a star!



Every child earns a gold medal at our events!



Parents are encouraged to capture memories!



Mr. Mo shows that boys can be boys at GymKix!



WHY GYM KIX?

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"We strive to glorify God through teaching children the enjoyment of physical activity, providing them opportunities for success, and being positive role models."

Our Facility

GymKix has over 12,000 sq. feet of climate-controlled space for your child to experience the excitement of active learning! We strive to keep our facility top notch for our families!

What makes our facility great for families?

Our equipment and props are routinely checked for wear and tear. No duct tape on these gym mats!!

Our mats, props, and equipment are routinely cleaned and disinfected to keep our students healthy and happy.

Parent viewing areas are provided for every recreational class so that parents can enjoy their children's successes!

Our Trophy's Snack Bar has pretzels, hot dogs, nachos, water, chips, and more...so you can have a night off from being the family chef.

We offer a wide selection of clothing and shoes at prices families can afford.

Our Kid's Club Drop-In area (pictured below) allows siblings to play in our supervised Kid's Club while you relax and observe classes without distraction.



Our Staff

Our staff not only teach your child: they laugh, blow bubbles, dress silly, and encourage learning new skills through fun! We are blessed to be the largest, MOST CERTIFIED facility in the greater Fort Hood Area.

What makes our staff so incredible?



Our staff love children! We have the most energetic, fun-loving, kid-focused, staff around!

Our staff undergo a thorough training program that teaches them not only how to properly instruct skills, but also how to ensure kid's have fun while learning.

Our staff follow detailed lesson plans to ensure classes run smoothly and that students learn through proper skill progression.

Our staff attend numerous conferences and training programs throughout the year so we can bring your child the most up-to-date training.

Our staff give individualized attention to their students. They will celebrate every success with them...from their first forward roll to their last leap on stage as they head off to accomplish their dreams!

Our Programs

Variety of Recreational Classes Available:

- Parent & Tot
- Dance
- Gymnastics
- Cheerleading
- Trampoline/Tumbling
- Boys Gymnastics



Educational Programs:



- Mother's Day Out (Coming Soon)
- After School Kid's Club
- Creative Camps & Clinics

Specialty Events:

- Energy Busters (Toddler Free Play)
- Friday Free Play (Open Gym)
- Birthday Parties



Competitive and Performance Teams:

- Starz Pre-Teams (performance only)
- Texas Extreme Cheerleading
- High Velocity Dance Company
- Gymnastics & Trampoline/Tumbling

Parent Perks:

- Kid's Club Drop-In: Supervised Care For Siblings
- Viewing Windows for Every Class
- Class Times To Fit Almost Every Work Schedule
- No Contracts to Sign
- Friendly Staff That Are Always Ready To Assist You!