

MINDSHIFT MONTHLY

OCTOBER 2025

THE RETURN OF GYMNASTICS

Our gymnastics classes are back, revamped into our new “acro tumbling” classes! These classes are for adults and teens ages 15+ and take the best parts of gymnastics and tricking to turn them into one fun class. We learn foundational skills like cartwheels, bridges, and rolls, and advance to flips, handsprings, and more. Acro tumbling is designed for beginners (no intro needed) but is also a great mixed-level class for more advanced students to work on their techniques and progressions. Check out the weekly schedule to save your spot.



Coach Kim practicing bridges, a foundational skill in acro tumbling classes



Flash the Firetruck at Herndon Pyramid Night
Photo by Melanie Mulcahy

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HERNDON PYRAMID NIGHT

We believe in the power of movement to transform lives. But that transformation goes beyond our gym walls—it's about building a stronger, healthier community for everyone. As a proud supporter of local sports programs, we are helping young athletes in our community get the resources they need to succeed. As part of that support, we had a great time taking Flash out to entertain children and adults at a tailgate party before the Herndon High School football game.



Director Emily performing in last year's showcase (Heroes and Villains)
Photo by Jacob Baggette

AERIAL SHOWCASE: IT BEGINS!

The aerial student showcase prep has begun. Our aerial students and coaches are working hard on their choreography and we are excited to show them off next month on Saturday, November 15. Ticket info on the next page.



Home of the Hornets
Herndon Sports Boosters

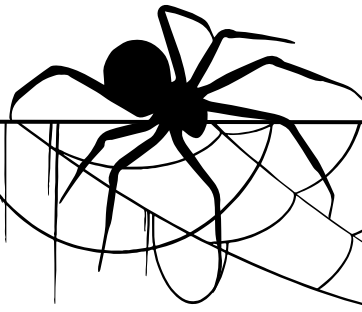


Photo by Axle Wotowiec

GUINNESS WORLD RECORD ATTEMPT BY WTC SALSA SPROUTS-LOUDOUN ROOTS & WONDER

We were invited to join the Guinness World Record attempt at the Loudoun Fairgrounds! Hosted by WEBS Training Center (webstraining.org), the record attempt was for the most people gardening at the same time. Thank you all for coming out and supporting such a cool idea.

HALLOWEEN EVENTS AND WORKSHOPS



TERROR TAG - THURSDAY OCT 30

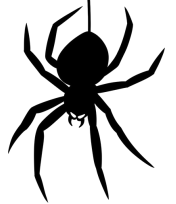
Terror Tag takes over parkour speedrunning class on October 30. Join us in a costume and be ready to chase and be chased.

STICK OR TREAT - FRIDAY OCT 31

Can you stick the landing? Win candy from the cauldron as you complete various parkour challenges.

CREEPY CRAWLY CONTORTION WORKSHOP - SUNDAY NOV 2

We will be working on our creepy crawly contortion skills in this Halloween flexibility workshop. We'll be combining movement and flexibility skills to travel across the room in a variety of unnatural ways with progression options for all ages and skill levels.



All events and workshops require registration at mindshiftgym.com/events.



ENCHANTED FOREST STUDENT SHOWCASE TICKETS ON SALE

On Saturday, November 15, step into the Enchanted Forest, our annual student showcase with our amazing aerialist team and students. Tickets include the show at 7pm and afterparty with light refreshments at 8pm. Buy yours online at mindshiftgym.com/showcase.

TEAM SPOTLIGHT

INTERVIEW WITH COACH JULES CARROLL

What is your role at MindShift Gym?

I coach aerial silks and am organizing this fall's aerial showcase.

What is your favorite thing about being a part of our team/community?

I love how friendly and welcoming our team and community are. Every time I walk into the gym, I'm welcomed with a smile and a genuine hello. I feel like I can be my authentic self and pursue my passions with likeminded people.

What's a recent accomplishment or achievement that you can tell us about?

I recently got my back-balance back on silks. I had it before COVID but then lost it during the lockdowns. I can only do one side so far but it's exciting to be making progress on it again.

What's a hobby or interest you have that most people don't know about?

I sew and cosplay. The last costume I did was a Cobalt Guard officer uniform from the Stormlight Archive. Currently I am working on a Sailor Uranus costume to wear for New York Comic Con.

Piece of advice for new students?

Anything worth doing is worth failing at. No one wakes up perfect at a skill without failing at it first. Failing helps us learn and grow. Try something new and scary that you might fail at, you might also fall in love and keep going until you succeed.

Who is your favorite superhero and why?

My favorite superhero is Ironman. I like that Tony Stark isn't perfect, he makes mistakes and learns and tries to be better. I'm also an engineer and like the more mechanical suits. They're not actually realistic but they are really cool.





Students practicing wall runs in parkour camp

PARKOUR DAY CAMPS

We had a fabulous time in our last student holiday camp! Our group of new traceurs practiced jumping, vaulting, rolling, climbing, and balancing in a day packed with lessons and games. At the end of the camp, they put their skills to the test in a gym-wide obstacle course.

We host parkour camps on almost every student holiday. We utilize the FCPS, LCPS, and ACPS school calendars to host as many as possible. Check out our event page for details and registration.

The next parkour camp will be on Monday, October 20. We'll be announcing our winter camps very soon, so stay tuned for more details. Day camp enrollments are now open at mindshiftgym.com/events.

SYLVAN LEARNING CENTER - FREE OPEN HOUSE

On Saturday, October 18, the Sylvan Learning Center of Reston (sylvanlearning.com) is hosting a free open house for a day of fun for all ages and we're bringing Flash to bring more opportunity for movement. Come by from 11:30am-1:30pm to join in on the parkour fun, food and drinks, games, and prizes. See you there!



OPEN HOUSE SYLVAN OF RESTON

OCTOBER 18 • 11:30 AM – 1:30 PM

AT OUR CENTER

**2579 JOHN MILTON DR. SUITE
120, HERNDON, VA 20171**





Kokichi Akuzawa who summited
Mount Fuji at age 102
Photo from smithsonianmag.com

YOU'RE NEVER TOO OLD BY CARRIE CARLSON

Have you ever seen or heard about someone doing some really interesting athletic thing and thought "Man, that's sooo cool. I'd love to do that, but I'm too old"? There's a common social belief going around that if you're over 40, you have no business doing anything requiring any degree of athletic physicality, unless you were already an established athlete before reaching this age. But here's the thing:

It isn't true.

Being beyond the average age for starting

something does not mean you have to forget about it and it certainly doesn't mean you need to stop doing something you've already begun. While it is true that certain adjustments and additional considerations need to be made as we age, it absolutely is not true that we're incapable of gaining strength and skill past 30 or 40.

There is an achingly large number of people walking around these days who are utterly convinced they're helpless passengers on a hopeless, uncontrolled slide into decrepitude. Assuming life hasn't robbed you of all mobility altogether, there is A LOT that you can still do after 40, 50, 70 or beyond. Does it need to be ultramarathons, or Ninja Warrior? Of course not. It just needs to spark joy. Stop telling yourself you're "too old" to do something active, playful, and fun and just go PLAY. Exercise does not have an age limit and it does not need to be boring.

If you'd like help finding a way to play more and stress less, give us a call, or stop by! We'd love to help you connect with joyful movement.

If you need inspiration, check out Japanese climber Kokichi Akuzawa who made history by becoming the oldest recorded person to successfully summit Mount Fuji at the age of 102.

"We do not stop playing because we grow old. We grow old because we stop playing."

- Read more about Mr. Akuzawa: <https://bit.ly/3W819la>
- Read more from Coach Carrie: aparticulasetofskills.wordpress.com IG @fedoratheexplora1895

TEAM NEWS: ISAAC AND TAJA

We'd like to congratulate Isaac and Taja on getting married at the end of September! We wish you both a long life of love and happiness together.

Isaac (@i5aachenderson) is one of our talented parkour coaches who specializes in tricking and acrobatics. He teaches parkour and acro tumbling classes every Thursday in addition to being a personal trainer and hip hop dancer.

ZUMBINI WITH GOSIA

You've probably heard of Zumba, but have you ever heard of Zumbini?

Zumbini is a "caretaker and me" music, movement, and bonding experience for children ages 0-4 and we're proud to be hosting Gosia as Zumbini host here at MindShift. Gosia's next Zumbini session is Friday, October 24. Watch your little one dance, sing, clap, laugh, and play instruments!

Registration can be found via Gosia's Instagram at [@zumbiniwithgosia](https://www.instagram.com/zumbiniwithgosia).

zumbini®



Isaac and Taja



Zumbini instructor Gosia

JOIN OR DIE 7

We've been invited to JOD 7 and we're bringing the firetruck. Will you be there?

Hosted by The Commons in Boston, MA, Join or Die is "the international showcase of American parkour street culture. It is the place where movement artists, parkour athletes, and everyone in between find a common ground. JOD is run passionately by the people, and for the people." (summary from @thecommons.boston)

Check out thecommons.boston for more information.



METRO JAM 2025

Join the DC Metro Parkour community for Metro Jam 2025 on October 18-19. Jam at Gateway Park, home of Beast Coast, one more time before it's torn down for renovations in 2026. MindShift Gym will be offering our facility as an indoor venue on Saturday.

Follow DCMP on Instagram at [@dcmetroparkour](https://www.instagram.com/dcmetroparkour) for more details.

PARTIES AND GROUP EVENTS

Private group events are back and ready to roll! If you've been looking for a unique experience that is both fun and challenging, look no further. Book a private event to learn parkour or aerial silks as a group for your next event.

By the way, did you know you can book Flash the Firetruck for your event? We'll bring the party to you! mindshiftgym.com/party



Parkour birthday party

RECAP: BACKFLIP WORKSHOPS

The backflip workshops continue! On the last Saturday of each month, we host a monthly workshop for beginners who want to learn or perfect their backflip.

Did you know that backflips are by far our most popular request? These workshops are designed for beginners. Absolute newbies with no experience whatsoever, you are welcome here. And if you're already on your way to nailing your backflip, we offer backflip-specific private lessons that are tailored to your level.

NEXT WORKSHOP: SATURDAY, OCTOBER 25



HAPPY BIRTHDAY!

We would like to wish a HAPPY BIRTHDAY to all of our students born in October!

- Benjamin B
- Luca E
- Cyrus G
- David K
- Carolyn L
- William L
- Shana L
- Emily M
- Cooper N
- Dylan P
- John R
- John Mark R
- Olivia S
- Amelia W
- Lauren W

(This list includes students who have taken class in the last 30 days.)

LEVEL-UPS

Students who successfully complete their introductory class receive their white band (for parkour) or level 1 band (for aerials).

We'd like to give our newest students a warm welcome to the community and congratulations for receiving your first band:

- Chase B
- Paige B
- William L
- Shelby P
- Asela C
- Gemma C
- Sunny H
- Lauren C
- Emily M
- Hannah L
- Mitt D
- Tiffany D
- Harrison W
- Dylan P



Students and community members



Parkour athlete and guest coach
Mitch Wiegand

GUEST WORKSHOPS

Are you looking for...

- A venue to teach a guest workshop, seminar, or series?
- A venue to host your event?
- A fun and supportive team to join and teach regular classes?

We would love to meet you! We are always accepting job applications and inquiries for guest opportunities and partnerships. Send us a message to get in touch.



BUNDLE UP IN WARM MERCH

With the cooler weather finally upon us, what's a better way to celebrate than some new clothes to keep warm? Our online merch shop has hoodies, sweaters, sweatpants, and beanies with logos designed by artists John Van Pelt (ambigrams – threebunnyfarm.com) and Emily McPhee (flip your perspective – @climbingsilk). Buy yours at mindshiftgym.com/shop. A limited supply is available at the gym next time you're here!

Pictured right: Coach Kim and student Rebekah on aerial silks wearing MindShift merch





Boys & Girls Club
Recipient of 100-class punch card sponsorship



BROTHERS CONSTRUCTION
PLATINUM SPONSOR

SPONSORS

We believe in the power of movement to transform lives and in supporting our local community. Working with local organizations like the Boys & Girls Club and Big Brothers Big Sisters, we've seen firsthand the impact of community partnership.

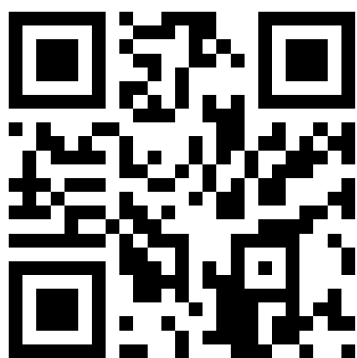
Your sponsorship ensures local underserved populations will experience our unique approach to both physical and cognitive improvement. Your business will also receive credit for an in-kind donation, directly supporting local nonprofits. It's a win-win for your business and our community!

In return, sponsors receive recognition at events, on social media, and within our vibrant and high-energy community. Your support keeps the momentum going. This shoutout goes to our fabulous platinum sponsors.

WANT TO WORK TOGETHER TO MAKE A DIFFERENCE?

Sponsorships start at only \$525. Reach out to us at mindshiftgym.com/sponsor to get started.

SCAN THE QR CODE TO VISIT MINDSHIFTGYM.COM



**Follow us on
social media at
@mindshiftgym**