

# MINDSHIFT MONTHLY

DECEMBER 2025



Photo by Elliott Ward (@e.f.ward)

## ENCHANTED FOREST SHOW

Our annual student showcase for our aerials program was a huge success! With 11 performers and an audience of over 70 people, we had a full house. Keep reading this issue for a photo gallery and a shoutout to some generous donors. The showcase was directed by coach Jules Carroll and we are so proud of our students and team for putting on a fantastic show of their hard work and skills. See you next year for another show!

Photos and videos of the performances can be found on our social media at [@mindshiftgym](#).

## MORE IN THIS ISSUE

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- Winter parkour camps
- Team spotlight interview with coach Max Wimberly
- Upcoming events and workshops
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- Collaborations and sponsors



Lacrosse donation drive for Ugandan community





Lauren Williams



Rebekah McDonald



Isabella Yeager



Zoe Havasy



Jules Carroll





Debi Daugherty



Kim Miller



Kayla Redmond



Kandis Hellebore



Jess Taylor



Arya Quinn



## LACROSSE AND FOOD DONATION DRIVES

We received full boxes full of donations for both the lacrosse equipment drive and the holiday food drive this month! We are so grateful for such a supportive and generous community. The lacrosse equipment made its way to Uganda to one of our family members, Jack Sprinkle, who is leading an initiative in the Peace Corps to teach lacrosse to his community. We are proud to be able to help facilitate such a cool endeavor!



*Portion of lacrosse gear donations*



*Showcase MC Nick Dache showing off Celsius energy drink*

## THANK YOU FOR SUPPORTING OUR STUDENT SHOWCASE

Our recent aerial student showcase, Enchanted Forest, filled the house! We had over 70 people in attendance to watch our fabulous students and coaches perform for the annual show. We had a whole host of characters from dryads and dragons to Maleficent and Celibi.

Thank you so much to Roggenart Bakery Bistro and Cafe ([roggenart.com](http://roggenart.com)) for your generous donations of delicious sandwiches and pastries and to Celsius ([celsius.com](http://celsius.com)) for energy drinks!



## TEAM SPOTLIGHT – INTERVIEW WITH COACH MAX WIMBERLY

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**What is your role at MindShift Gym?**

I am a parkour and freerunning coach!

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

There's so much I love about being in this community, but the biggest thing is the shared passion for learning and trying new things. I've spent countless hours at the gym working through challenges with friends, pushing each other until we finally get them. One of my favorite memories is training for my first flip alongside my friends. It really showed me how supportive and motivating this community is. My goal as a coach has been to foster the same environment that uplifted me as an athlete and share it with the students who attend my classes and the gym as a whole.



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

Me and a friend of mine, Alex Griepentrog, have been working towards a duo parkour film for about a year now, and when out filming for this video, I recently got a clip I was super happy with! I broke through some mental barriers while working towards it, so it was a big accomplishment for me. We plan on having a film screening at the gym once we finish filming and editing. I'm super excited to show the community what we have been cooking up!

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

I have a lot of hobbies and things I do outside of parkour: I love working on and learning about cars, keeping fish, reptiles, and painting! To narrow the focus a bit, I'll just talk about my animals: I have a 60-gallon Amazonian biotope aquarium, a 20-gallon mixed species aquarium, a 150-gallon pond I built with goldfish, a bearded dragon named General Gergetown, a russian tortoise named Doug, and 2 leopard geckos named Eleanor and Ruth.

**Piece of advice for new students?**

One of the best pieces of advice I've ever received is that the head is the steering wheel of the body. Where you look during flips can completely change the shape, style, and purpose of the movement. Next time you're working on flips, try looking somewhere new and see how it changes your technique!

**Who is your favorite superhero and why?**

My favorite superhero would have to be Nightcrawler from X-Men. My reasoning behind this is pretty simple: he looks really cool and can teleport.





## **NOW ENROLLING FOR WINTER PARKOUR CAMP**

Jump, balance, swing, and flip: looking for a unique, healthy, and fun gift idea for the holidays? Join us for five days of parkour camp on Monday, December 29 through Friday, January 2 where we'll be improving our physical and cognitive strength while learning all of the foundations of parkour and making friends in a diverse community. This is a beginner parkour camp for ages 6-12 with both partial and full day options available (9am-2pm or 9am-4pm with extended drop off/pick up hours).

Spots are limited, so make sure to save yours at [mindshiftgym.com/events](https://mindshiftgym.com/events).

## **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, DECEMBER 27**



## 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](http://mindshiftgym.com/party)



*Parkour birthday party with Coach Dache and Coach Miller*

## 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:

- Susmitha G
- Theodore N
- Noah R
- Noemi B
- Dylan P
- Nora P
- Samantha M
- Spencer D
- Arjun D
- Naomi M
- Madelin A
- Vitus F
- Latisha J



## HAPPY BIRTHDAY!

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

- Madelin A
- JJ B
- Gemma C
- Madelyn H
- Avery J
- Cuyler M
- Emily M
- Samantha M
- Vera P
- Noah R
- Isabella Y

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





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](https://mindshiftgym.com/sponsor) to get started.

**SCAN THE QR CODE TO VISIT MINDSHIFTGYM.COM**



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