

MINDSHIFT MONTHLY

NOVEMBER 2025



Image by @thecommons.boston

JOIN OR DIE 7

On October 1, our fearless leaders and teammates Bill and Axle, joined by Harry and Melanie, drove Flash the firetruck all the way to Boston for Join or Die 7, the annual street parkour celebration hosted by The Commons.

The Commons is a grassroots publishing company, event organizer, and community leader. Through hosting events, uplifting local communities, and providing opportunities for athletes and artists, they are working hard to spread authentic parkour culture and put American parkour on the map. (@thecommons.boston)

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Mobile parkour course at Boo at the Zoo
Photo by Emily McPhee



Photo by NOVA Wild

BOO AT THE ZOO

We had a fabulous time joining NOVA Wild (novawild.org) for their Boo at the Zoo Halloween event. NOVA Wild is a non-profit organization that is revitalizing Reston's local zoo. After reopening in 2023 under new management, they have transformed their zoo and work passionately toward animal welfare, conservation, and education. Ethical zoos are essential for educating the public, encouraging conservation, and building respect for the web of life that binds us all. They also provide a refuge for the animals that share the planet with us, including many that predate our species by millions of years. Thanks for working together with us, NOVA Wild!

SYLVAN LEARNING CENTER OF RESTON OPEN HOUSE

Our mission is to provide more opportunities for movement and support our local community, so partnering with local businesses by providing Flash along with our amazing coaches is a win/win.

In addition to Boo at the Zoo, we had the opportunity to support Sylvan Learning Center of Reston (sylvanlearning.com) during their free open house for a day of fun for all ages. Thank you for joining in on the festivities!



Costumed kids traversing obstacles at Boo at the Zoo

HALLOWEEN RECAP

To celebrate Halloween this year, we hosted these workshops:

- Terror Tag: Parkour Speedrunning class transformed into a Halloween-themed chase night.
- Stick or Treat: Parkour students and athletes competed for candy prizes by completing various parkour challenges.
- Creepy Crawly Contortion: in this annual workshop, we learn strange and unnatural ways of moving to really creep out the neighbors.



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. Join us by buying your tickets online at mindshiftgym.com/showcase.

SMALL BUSINESS SATURDAY SNEAK PEEK

For Small Business Saturday, we will have some awesome deals to take advantage of, so stay tuned! We can't reveal much yet, but we can give you a sneak peek: summer camp vouchers will be on sale for \$449 for a full day, 9am-4pm, of camp and post-care – a \$629 value!



Student Kandis Hellebore in the 2023 aerial showcase

STUDENT SPOTLIGHT



INTERVIEW WITH STUDENT MELISSA MCSHERRY

How did you hear about MindShift Gym?

I heard about it from a friend who did parkour with his son many years ago. He enjoyed the fact that the whole family can participate, in age and skill appropriate ways.

Which classes/programs do you attend?

I love the speed running / tag class, low impact parkour, and seeing and learning from others in open gym.

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

This is easily the most actually inclusive community I have ever been part of. I find that everyone is friendly, coaches meet me where I am in terms of the level of challenge (and risk) that I am looking for, and because of that I am able to grow in ways that I never would have anticipated. I also laugh much more than I do anywhere else.

Are there any events coming up that you're looking forward to or any recent events that you'd like to highlight?

Yes! One of my favorite events each year is the Halloween tag class. There is nothing quite like being chased by a house or a T-rex riding cowboy.

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

I love adventure travel. Last summer I had the chance to jump off a bunch of waterfalls and climb/hike in the Italian Alps, and that was super fun.

Who is your favorite Superhero and why?

Wonder Woman. She has a strong "standing up to bullies" vibe that I love. And I am in awe of anyone who is so body positive that they could rock a leotard and knee high boots as their go to fashion choice.

TEAM NEWS: EMILY AND HARRY

Emily is an aerialist, Harry is a traceur, and together they are co-directors of MindShift Gym. Because they met here, at our previous Alexandria facility, and because of their passion for these movements, they thought that MindShift would be perfect for a fun and unconventional engagement photoshoot. They got engaged last summer and are planning their wedding for September 2026.

Photo taken by Nathan Mitchell at nathanmitchellphotography.com.



Emily and Harry



Community members Diego and Samet
Photo by Peter Vasilopoulos

METRO JAM 2025

Metro Jam is an annual parkour jam that brings parkour enthusiasts from the DC, Maryland, and Virginia areas together for one weekend. We had a great time jumping around with students and athletes at both Gateway Park and at our own indoor facility. Parkour meetups and jams are important reminders of how great this community is and we can't wait for the next one. Follow DCMP on Instagram at [@dcmetroparkour](https://www.instagram.com/dcmetroparkour) for more upcoming events.



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.

ZUMBINI WITH GOSIA FOR AGES 0-4

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, November 21. 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).





HOW TO STAY ACTIVE IN COLD MONTHS BY CARRIE CARLSON

Maintaining outdoor exercise routines can become challenging as the months grow colder, the days shorter, and the weather less accommodating. While there may be a certain benefit in continuing to train through uncomfortable conditions, sometimes those conditions are just too unaccommodating. But don't let that stop you completely. Here are some tips for staying active during the chilly winter months:

Check if there's a way to continue your activity indoors. Spaces exist for things like indoor walking, running, swimming, or cycling.

Consider shifting to an at-home exercise program that helps you cross train for your favorite active pastimes. This could be anything from something self-designed that supports your specific activities, pre-recorded workouts found through apps or online, or the hiring of a personal coach or trainer.

Think about swapping your usual activity out for something relatable, but more indoors-friendly. (For example, swapping jogging, or running out for laps in a local pool.)

As suggested above, take the changing conditions as an opportunity to deepen your training. Embracing an element of environmental discomfort, such as cold, can help build discipline and mental resilience.

Shake it up and try something completely new for a while! Switching up your activities can be a great way to add new life to your routine and chase away boredom. If you've been feeling a little undermotivated, or have noticed a dip in enthusiasm for your usual activities, taking a break from those activities in order to try something new might prove to be just the boost you need. Additionally, this may also help round out your strength.

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 with Coach Dache and Coach Miller

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, NOVEMBER 29



HAPPY BIRTHDAY!

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

- John B
- Madison D
- Mitt D
- William G
- Isaac H
- Samantha J
- Ethan K
- Xander M
- Diego P
- Matthias P
- Oberon R
- Peter V
- Austin 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:

- Susmitha G
- C'pher E
- Maya P
- Julianna O
- Chelsea D
- Ashley C
- Madison D
- Nancy L
- Lauren L
- Jessica N
- Tays Z



Students and community members



Bill Wotowiec and Melanie Mulcahy
representing MindShift at South Lakes High
Sponsor night

SEAHAWKS SPONSORSHIP

We're proud to sponsor the South Lakes High School Seahawks! South Lakes Boosters, Inc. is a volunteer-run organization that provides financial, advisory, and volunteer support to the Activities Office and over 20 athletic teams at South Lakes High School. Thanks for having us at the recent game and sponsor night!

HOW TO BECOME A COMMUNITY SPONSOR

Looking for a way to be more involved and make a difference in your local community? Check out the last page of this issue for our community sponsorship initiative.



NEW LIMITED EDITION MERCH: WINTER COLLECTION

These are only available for a limited time! Our online merch shop has hoodies, sweaters, sweatpants, mugs, and beanies with logos designed by artist John Van Pelt (ambigrams – threebunnyfarm.com). Buy yours before they're gone at mindshiftgym.com/shop.



*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.

LACROSSE IN UGANDA AND HOW YOU CAN HELP

Jack Sprinkle is one of our own MindShift family members who is volunteering for the Peace Corps in Uganda and leading an initiative to bring lacrosse to his Ugandan community.

If you have any lacrosse gear you'd like to donate, you can drop it off here at MindShift and we will deliver it. We're accepting

donations until December 1st. If you don't have any equipment, financial donations are also appreciated! Send us a message for more info if you'd like to contribute financially.





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



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social media at
@mindshiftgym**