

Elite Gym

Having spent her life in the fitness industry, Coni Moore-owner of Elite Gym-saw it as a natural move to open her business in 1992, teaching gymnastics, cheerleading, dance, and karate. Prior to founding Elite, Moore taught fitness seminars and served as a personal trainer for athletes and body builders. She also owned and managed a daycare in Milledgeville for 10 years, as well.

“I’ve always had a great passion for fitness and a love for children that made this business venture the perfect fit for me,” said Moore.

With over 70 members on the gymnastics team, the program is competitive and has achieved several state, regional, and national titles. The coaches are safety certified through the United States Gymnastic Federation. In addition, the gym is licensed for the nationally recognized poster reward curriculum-Fun and Fit Gymnastics.

“My coaches are so supportive and they make me feel good about myself,” says gymnastic participant Emma Knowles. “I get so excited when I know I’m coming to the gym. I love it here.”

Lessons in creative movement begin the dance program at the preschool level by introducing basic ballet, tap, and jazz techniques-proper technique is combined with choreography. A spring dance recital is held each year to celebrate students’ accomplishments.

Sanctioned under Grandmaster Ahn of Macon, the Tae Kwon Do program teaches a wide-range of character building traits for both parent and child. Karate develops self-confidence, self-discipline, flexibility, as well as improved concentration.

“Karate makes me feel strong and confident,” says Anna Grace Koehler, a student of the Tae Kwon Do program. “The coaches always encourage me to do better and that makes me feel powerful.”

The cheerleading program offers training from beginning to advanced levels. Elite specializes in tumbling, jumps, back handsprings, layouts and more. Camps are available for cheering squads, as well. Elite is currently training two levels of Cheer All-Stars that will begin competition in January 2017.

“Through sports, children learn to work hard and achieve goals,” said Moore. “They learn to handle disappointment, lift teammates up, develop time management skills, and self-discipline.”

In addition to athletic training, Elite provides an after school program called Fit Kids which focuses on creating self-confidence and teaching teamwork. Kids build strong bodies with fun fitness activities and the gym even provides pick-up from school at no additional charge.

Moore has a staff of 30 coaches-many of which grew up attending the gym. Coach April Tapley joined Elite as a Fit Kid and participated in competitive gymnastics and tumbling as well. Now, as a coach and a mom, her 7 year-old daughter attends the gym-carrying on the family tradition of fitness.

“Coni was such a wonderful role-model for me growing up. I learned sportsmanship and teamwork through her guidance. Now, my daughter is learning these life lessons-just as I did-by participating in the programs offered here,” said Tapley.

“I tell my coaches what we do is very important. Though gymnastics, cheer, dance, and karate are what we teach, it is the life lessons that matter the most,” said Moore.

Elite’s influence reaches far beyond childhood. Christy Karson, a former state and national gymnastics champion and now a coach, also started at the gym as a Fit Kid then progressed to become one of the best gymnasts in the state. She credits Moore with teaching her life lessons that have carried over into adulthood.

“I learned how to be a teammate and a good friend,” said Karson. “I also learned early how to live a healthy lifestyle and continue those practices today.”

Moore reflects on her influence, “When children come back to see me years later, as many do, they tell me what their experience at Elite meant to them. I cannot put into words what that means to me.”

In 2016, Moore has added yet another opportunity to bring fitness to children-the nationally trademarked Tumblebus. The bus is a mobile gym for children toddler-aged through first graders. The bus will travel to different locations to teach fitness and gymnastics. It will also be available for festivals, family reunions, and birthday parties.

For more information on Elite Gym log onto their website at <http://elitegymusa.com/>, call 478-454-3446, or visit them at their Milledgeville location at 248 Log Cabin Road or the Sandersville location at 313 East McCarty Street.