

## Elite Gym

Coni Moore, owner and director of Elite Gym since 1992, has spent her life instilling a passion for fitness in both adults and children. Before opening Elite, Moore taught fitness seminars around the state-training other instructors-and was a personal trainer for athletes and body builders. Additionally, she had years of experience in dance, gymnastics, and karate. She owned a daycare in Milledgeville for 10 years prior to opening the gym, as well.

“My passion for fitness and my love for kids made this business a perfect fit for me as it was a combination of both,” said Moore.

Currently, Elite offers programs in gymnastics, karate, dance, and cheering. The gymnastic coaches are safety certified through the United States Gymnastic Federation. The gym is licensed for the nationally recognized poster reward curriculum, Fun and Fit Gymnastics. The competitive gymnastic team holds several state and national titles.

The dance program begins with creative movement at the preschool level-introducing basic ballet, tap, and jazz techniques. As the child advances, proper technique is combined with fun choreography. Elite holds a spring dance recital each year highlighting students’ accomplishments.

Tae Kwon Do, sanctioned under Grandmaster Ahn of Macon, teaches a wide-range of character building attributes for both parent and child. Karate lessons develop self-confidence, self-discipline, flexibility, improved concentration, and much more.

Cheerleading, an iconic American pastime, is offered from beginning to advanced levels. Elite specializes in tumbling techniques and cheerleading jumps including cartwheels, back handsprings, layouts and more. Camps are also available for cheering squads.

Moore stresses Elite attendees are benefiting not only from the fitness aspect of the programs but also from the positive reinforcement that occurs when participating in sports of any kind. “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.”

Moore adds, “From an early age, through sports, children can learn how to work hard to achieve a goal, how to handle disappointment at times, lift up fellow teammates, and develop time management skills and self-discipline, and so much more.”

According to Moore, Elite has experienced fast-paced growth over recent years, including re-establishing a gym in Sandersville. She credits many of her former students, who are now married with children, for the large number of second generation gym kids.

She observes: “We have a staff of 30 coaches, most of which grew up at Elite, as well. Our gymnastics team has 70 members now and we hold many state, regional, and national titles. We are currently training two levels of Cheer All-stars that will begin competition later this year.”

New to Elite in 2016, is the addition of a nationally trademarked Tumblebus. The bus is a fully equipped mobile gymnastics school for children toddler-aged through first graders. The

Tumblebus will be traveling to different locations to teach young children about fitness and gymnastics. It will also be available for festivals, family reunions, and birthday parties.

Due to the abundant success of the gym, Moore is able to give back to the community in unique ways. “God has blessed us so much over the years that we are able to offer several full scholarships every year to kids who might not be able to otherwise experience these types of programs.”

The gym’s impact on a child’s well-being is felt throughout their lifetime. Moore reflects, “When children come back to see me years later, as many of them do, and tell me what their experience here at Elite meant to them, I cannot even begin to put into words what that means to me. We will be celebrating 25 years in 2017, and we look forward to at least another 25 years after that!”