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FOR IMMEDIATE RELEASE

LA School of Gymnastics is Ready for Olympics Fever  
The 2016 Rio Olympic Games Have Never Been More Exciting & Fun to Watch!

Rio de Janeiro, Brazil, August 5th 2016 -- The Los Angeles School of Gymnastics is excited to participate in Olympic fever as the 2016 Summer Olympics is about to begin! From August 5th to August 21st, the world's best athletes will compete in a range of sports and competitions. The Olympics 2016 is the leading international sporting event in which thousands of athletes from across the world participate in a variety of exhilarating trials and epic matches.

The 2016 Olympics in Rio are an international, steadfast tradition of athletic prowess and lifelong dedication. The Summer Olympic Games occur every four years and their creation was inspired by the ancient Olympic Games held in Olympic, Greece from the 8th century BC to the 4th century AD. This year will be the first time that the Olympics have ever been held in South America. Rio de Janeiro is famous for its seaside landscape, Carnival festival, and the Maracana Stadium- one of the world's largest football stadiums. Over the course of about two weeks there will be over 306 competitions and 42 different sports taking place at 33 different venues!

Gymnastics is one of the most popular sports at the Rio Olympic Games 2016. Olympic fever has set in as millions of Americans gear up to watch the exciting competitions between the world's best athletes! There will be a range of thrilling gymnastic events taking place at the Summer 2016 Olympics, including both men's and women's Artistic Gymnastics with events like: Floor Exercise, Pommel Horse, Still Rings, Vault, Parallel Bars, Uneven Bars, and Balance Beam. Additionally, Rhythmic Gymnastics combines elements of ballet, gymnastics and dance and challenges participants to use rope,

hoops, balls, clubs, and ribbons. This year's Olympic team is rich with skill, physical prowess, and passion!

Every Olympic-athlete begins the same way, with a great coach at a fantastic gym. Our gymnastic classes will introduce future Olympians to the best coaches and premier gym equipment. We know that you deserve a coach who is suited to your individual learning style, can motivate you to the best of their ability, and supply the proper environment. Since 1975, the Los Angeles School of Gymnastics has been a leading source for quality gymnastic instruction, rhythmic gymnastics in Los Angeles, and many other innovative programs and well-rounded curriculums that support happy and healthy children.

If you would like more information about this topic, or to schedule an interview with Tanya Berenson, please email her at [tanya@lagymnastics.com](mailto:tanya@lagymnastics.com).