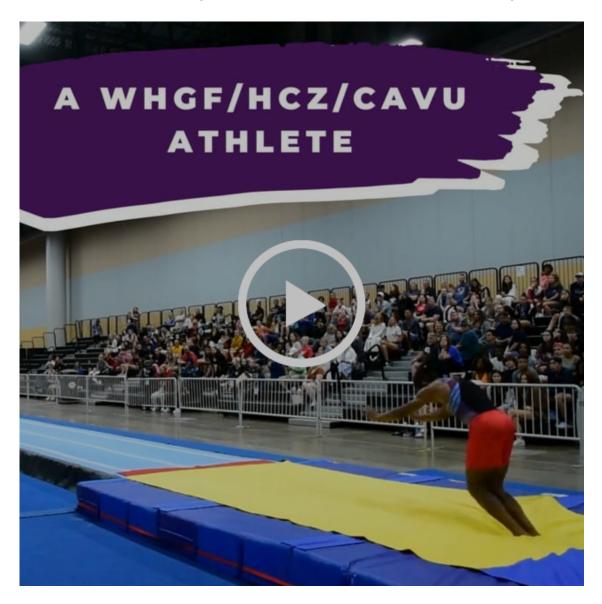


Join Us in Wishing ZaQuae Good luck!

WHGT Trampoline & Tumbling athlete ZaQaue Carter will compete in the 2022 T&T World Age Group Competitions next month in Bulgaria



Share your messages of support for ZaQuae on Instagram!

Fall classes are in full swing in Harlem and Detroit!







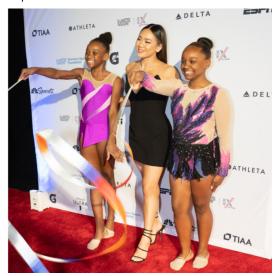


To sign up for Gymnastics in Harlem or Detroit, CLICK HERE

WHGF at the Women's Sports Foundation Annual Salute











WHGF athletes Arissa and Emma performed at the annual WSF Salute! They were joined on the red carpet by (pictured) Coach Alexis, Wendy, other guest athletes, Billie Jean King, and Tokyo Olympic Champion Suni Lee

SAVE THE DATE The Harlem Gymnastics Invitational is Back!





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