



Cory H.

Cory has spent more than a decade at Performance Athletics Gymnastics. He started taking gymnastics classes at PA Gym at age 5. He has grown up in the gym and loving the sport. As Cory grew up he became interested in junior coaching, he also became very involved with parkour/agility classes as an athlete and as a junior coach. He then worked his way to a head coach position which he has held since 2014. Cory currently holds the following certificates from USA Gymnastics University:

USA Gymnastics Instructor Member
U100, Fundamentals of Gymnastics Instruction
U101, Safety and Risk Management
USA Gymnastics First Aid training

We asked Cory to share some facts about him with you.

“My favorite event is floor because it is just you and your own strength fighting gravity.”

“I am a Mechanical Engineer at Cal Poly.”

“I recently was able to land my round off double back on floor.”

“I believe that to really see results and truly excel at anything it takes time and focus along with a passion for what you are doing.”

Cory currently coaches our Agility Classes, and is also trained to coach all of our recreational classes.