



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym 1

October 19th - December 24

1305 Mariners Drive
Warsaw, IN 46582
(574) 269-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am					Interval Training 5:30am - 6:30am		
8am						Youth Basketball 8:30am - 1pm	
9am		Boot Camp 9:15am - 10:15am		Boot Camp 9:45am - 10:45am	Advanced Body Sculpt 9:15am - 10:15am		
10am					H.A.B.I.T 10:30am - 11:30am		
1pm					Pickleball 1pm - 3pm		
7pm	Adult Volleyball 7pm - 10pm			Adult Volleyball 7pm - 10pm			
8pm		Badminton 8pm - 10pm					

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym 2

October 19th - December 24

1305 Mariners Drive
Warsaw, IN 46582
(574) 269-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
8am						Youth Basketball 8:30am - 1pm	
9am			PiYo® 9:15am - 10:15am				
10am		Gymnastics 10am - 12pm	Enhance@Fitness 10:30am - 11:30am				
1pm					Pickleball 1pm - 3pm		
4pm		Gymnastics 4:30pm - 7:30pm	Gymnastics 4:30pm - 7:30pm				
6pm	Adult Volleyball 6pm - 10pm			Adult Volleyball 6pm - 10pm			

All unscheduled times are considered "Open Gym."

Gym(s) may be divided in half during any open gym time before 7:30 p.m.
Children under the age of 12 must be accompanied by an adult at all times.