



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym 1

May 1 - May 31

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	H.I.I.T. 45 5:30am - 6:15am				H.I.I.T. 45 5:30am - 6:15am		
8am							
9am	Homeschool Fit for Kids 9:15am - 10:15am	Boot Camp 9:15am - 10:15am		Chair Volleyball 9am - 10am	Advanced Body Sculpt 9:15am - 10:15am		
10am				Boot Camp 10:15am - 11:15am	H.A.B.I.T 10:30am - 11:30am		
12pm					Pickleball 12:45pm - 3pm		Badminton 1pm - 3pm
4pm		Private Lessons 5:00pm - 6:00pm <i>^Gym 1B only</i>		Adaptive Programming 4:30pm - 5:30pm			
7pm	Adult Volleyball 6:45pm - 9pm	Badminton 7:45pm - 9pm		Private Lessons 8:00pm - 9:00pm			

All unscheduled times are considered "Open Gym."
Gym(s) may be divided in half during any open gym time. Children under the age of 12 must be accompanied by an adult at all times.

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.



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Gym 2

May 1 - May 31

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	MON	TUE	WED	THU	FRI	SAT	SUN
8am							
9am			PiYo® 9:15am - 10:15am				
10am	Enhance@Fitness 10:30am - 11:30am	Gymnastics 9am - 12pm	Enhance@Fitness 10:30am - 11:30am				
4pm		Gymnastics 4:30pm - 8:15pm	Gymnastics 4:30pm - 8pm				
6pm	Adult Volleyball 6:45pm - 9pm						

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