



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym 1

February 19 - March 31

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Interval Training 5:30am - 6:15am				Interval Training 5:30am - 6:15am		
8am						Youth Indoor Soccer 8:30am - 3pm	
9am	Homeschool Fit for Kids 9:15am - 10:15am	Boot Camp 9am - 10am		Boot Camp 9am - 10am	Advanced Body Sculpt 9:15am - 10:15am	^starts 3/10^	
10am		Chair Volleyball 10:15am - 11:15am		Chair Volleyball 10:15am - 11:15am	H.A.B.I.T 10:30am - 11:30am		
12pm					Pickleball 12:45pm - 3pm		Badminton 1pm - 3pm
4pm		Private Lessons 3:30pm - 4:30pm		Adaptive Programming 4:30pm - 5:30pm			
5pm	Youth Volleyball 5:15pm - 6:45pm						
6pm				Adult Basketball 6:45pm - 10pm			
7pm	Adult Volleyball 6:45pm - 10pm	Badminton 7:45pm - 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.



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Gym 2

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	MON	TUE	WED	THU	FRI	SAT	SUN
8am						Youth Indoor Soccer 8:30am - 3pm	
9am			PiYo® 9:15am - 10:15am			^starts 3/10^	
10am	Enhance®Fitness 10:30am - 11:30am	Gymnastics 10am - 12pm	Enhance®Fitness 10:30am - 11:30am				
4pm		Gymnastics 4:30pm - 8:15pm	Gymnastics 4:30pm - 8pm				
6pm	Adult Volleyball 6:45pm - 10pm			Adult Basketball 6:45pm - 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.