

youth classes and sport-specific schedule & fees

effective April 13th, 2010

	monday	tuesday	wednesday	thursday	friday	saturday
9:30am-10:10am	 Call 914-244-8811 www.jodisgym.com					
1:00pm-2:00pm					YOUTH PROGRAM 4 Years Old	1:30pm-2:30pm SPORTS & AGILITY Ages 13-18
2:00pm-2:50pm	 Call 914-244-8811 www.jodisgym.com					
2:15pm-3:00pm	2:30pm-3:30pm YOUTH PROGRAM 4 Years Old	YOUTH PROGRAM 3 Year Old		SPORT-SPECIFIC Pre-K-Basketball	2:15pm-3:15pm SPORT-SPECIFIC LESSONS	
3:15pm-4:00pm	3:30pm-4:30pm YOUTH PROGRAM K-Baseball		SPORT-SPECIFIC K-Basketball	SPORT-SPECIFIC LESSONS	SPORT-SPECIFIC LESSONS	
3:30pm-4:30pm	TEEN CLASS Boxing Ages 12-16	TEEN CLASS Boot Camp Ages 12-16	TEEN CLASS SPIN Ages 12-16	TEEN CLASS Stride Ages 12-16	TEEN CLASS Kinesis/Stride Ages 12-16	
4:00pm-5:00pm			4:30pm-5:30pm SPORT-SPECIFIC LESSONS	3:30pm-4:30pm TEEN CLASS Martial Arts Ages 12-16	4:00pm-5:00pm KIDZ YOGA 1st-3rd Grade	
4:00pm-5:00pm		SPORT-SPECIFIC Basketball 1st & 2nd Grade		4:30pm-5:30pm SPORTS & AGILITY Ages 13-18	SPORT-SPECIFIC LESSONS	
5:00pm-6:00pm		B-BALL LEAGUE 1st & 2nd Grade	5:30pm-6:30pm SPORT-SPECIFIC LESSONS	SPORT-SPECIFIC LESSONS	SPORT-SPECIFIC LESSONS	
6:00pm-7:00pm	6:15pm-7:15pm Basketball League 3rd & 4th Grade	7:00pm-8:00pm B-BALL LEAGUE 5th & 6th Grade		SPORT-SPECIFIC LESSONS	5:00pm-6:00pm TWEEN YOGA Ages 11-13	
7:00pm-8:00pm		7:30pm-8:30pm SPORTS & AGILITY Ages 13-18	SPORT-SPECIFIC Basketball 3rd & 4th Grade	6:30pm-8:30pm Volleyball League High School	6:00pm-7:00pm TEEN YOGA Ages 13+	

birthday parties

youth program

10 sessions \$300 (\$30 per session)

- the school activity bus will be provided. (armonk only)

sport-specific

baseball/lacrosse/football

private

8 sessions \$720
(\$90 per session)

partner (2 kids)

8 sessions \$360*
(\$45 per session)

semi-private (3-5 kids)

8 sessions \$240*
(\$30 per session)



basketball

10 sessions \$300*
(\$30 per session)

basketball league

\$20 per session



sports & agility

\$420 for 12 sessions; \$40 for 1 session

volleyball league

\$150 for 10 games



teen classes

\$15 per class

kidz/tween/teen yoga

\$198-11 week session; \$20 per class



THE GYM's Youth Fitness Program is a comprehensive after school program for all boys and girls ages 4 to 16. Our highly educated, well-trained staff will encourage your child or teenager with exercises such as core, balance, strength, endurance, stability and agility. Through various exercise drills, routines and fun activities, your son or daughter can improve their self confidence and self-esteem.

Look for classes such as our Pre-K Program, Fitness, SPIN, Pilates and Yoga !

THE GYM's Youth Sport-Specific Program offers **baseball and basketball**. Each program is designed to stress the fundamentals of each sport in a fun atmosphere for all. Our instructors focus on making training fun so not only will your young athletes want to play the game, but enjoy practicing too.

The goal of THE GYM's Youth and Sport-Specific Program is to get kids moving while introducing them to fitness and a health club experience. Positive experiences with physical activity at a young age can help your child or teenager to be regularly active throughout life.

For Additional Information

Please Call or Email:

Matt Spallina

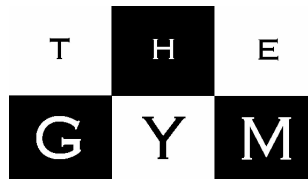
914-219-1616

E-mail: mspallina@GetToTheGym.com

Bobby Barad-An Armonk resident and married father of two, Bobby is an attorney specializing in the sports industry for over 10 years. His experience and association with experts in the field of sports has enabled him to put together a qualified staff with years of experience in professional sports. Bobby's staff has the natural ability to create an enjoyable training experience for young athletes.

Brad Ceisler-The GYM's Basketball Programs in association with Fundamental Sports Academy's Basketball Program is directed by Brad Ceisler. Brad has 14 years of NBA coaching experience working with the Miami Heat, Orlando Magic and San Antonio Spurs. He has provided individual basketball knowledge and instruction to Shaq, Ben Gordon and many more NBA stars. He and his staff run many youth programs and have designed and implemented fun, effective programs for boys and girls of all ages.

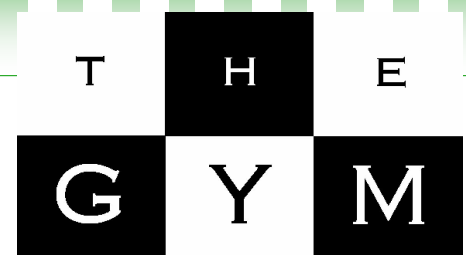
Don't just drop your kids off...enjoy a complimentary workout in our state-of-the-art, 45,000 square foot health club with this brochure.



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youth
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and
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