














youth classes and sport-specific schedule & fees

Winter 2011 - effective November 30, 2011— March 30, 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am - 9:00 am	OPEN COURT	OPEN COURT	OPEN COURT	OPEN COURT	OPEN COURT	OPEN COURT
9:00 am	9:30 am - 10:10 am  Call 914-244-8811 www.jodisgym.com	9:15am - 9:55am  www.supersoccerstars.com 877-771-KICK		OPEN COURT	OPEN COURT	OPEN COURT
10:00 am	10:45pm-11:30pm  Call 914-244-8811 www.jodisgym.com	10:00pm-10:45pm  www.supersoccerstars.com 877-771-KICK	OPEN COURT	OPEN COURT	OPEN COURT	10:00am-11:00am  www.supersoccerstars.com 877-771-KICK
11:00 pm	OPEN COURT	10:50am-11:35am  877-771-KICK	11:45am-12:30pm  www.supersoccerstars.com 877-771-KICK	11:45am-12:30pm  www.supersoccerstars.com 877-771-KICK	OPEN COURT	
12:00 pm	OPEN COURT	OPEN COURT	12:45pm-1:30pm  www.supersoccerstars.com 877-771-KICK	12:45pm-1:30pm  www.supersoccerstars.com 877-771-KICK	OPEN COURT	
1:00 pm	1:00pm - 1:45pm SPORTS CLASS Age 3	1:15 pm-2:30pm SPORTS CLASS Age 4	1:15pm—2:00pm SPORTS CLASS Age 3	1:15pm - 2:00pm SPORTS CLASS Age 3	1:15pm-2:15pm SPORTS CLASS Age 4	
2:00 pm	2:15pm - 3:05 pm  Call 914-244-8811		OPEN COURT	OPEN COURT	2:30pm-3:30pm SPORTS CLASS Age 4	
3:00 pm	3:30pm-4:30pm TEEN SPIN Ages 12-16	3:30pm-4:30pm TEEN STRIDE/KINESIS Ages 12-16	3:30pm-4:30pm TEEN SPIN Ages 12-16	3:25pm-4:10pm K-Basketball Class	3:25pm-4:10pm K-Baseball Class	
3:30 pm		3:30pm-4:30pm Basketball Class 3rd Grade	3:30pm—4:30pm TEEN CHEER/ TUMBLING Ages 12-16	3:30pm-4:30pm TEEN TRAMPOLINE Ages 12-16		
4:00 pm	4:00pm-5:00pm BASEBALL CLASS 2nd Grade		3:50 PM-4:50pm Basketball Class 2nd Grade	4:30pm-5:30pm CHEER/TUMBLING Ages 12-16	4:00pm -5:00pm Baseball Class 1st Grade	
4:30 pm		4:30pm-5:15pm B-Ball League 3rd Grade		3:45pm—4:45pm B-Ball League 1st Grade		
5:00 pm	5:00pm-6:00pm BASEBALL CLASS 3rd Grade		5:00pm-5:45pm B-Ball League 2nd Grade	4:45 pm— 5:30 pm B-Ball League 1st Grade	5:00 pm- 6:00pm SOFTBALL CLASS	
5:30 pm		In Use	In Use	In Use	In Use	
6:00 pm	In Use	In Use	In Use	In Use	In Use	
7:00 pm - 9:00 pm	MEN'S 3 ON 3	In Use	In Use	In Use	In Use	

baseball classes



\$30 per class

basketball classes

\$30 per class



b-ball league



\$20 per class

multi-sport

\$30 per class

teen & kidz yoga classes



\$15 per class

birthday party

Have your next
Birthday Party
at THE GYM!



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 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.

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 his or her self confidence and self-esteem.

Look for classes such as our Multi-Sport, (Pre-K Program), Fitness, SPIN, Boot camp, Yoga and more!



For Additional Information

Please Call or Email:

Matt Spallina

914-219-1616

E-mail: mspallina@GetToTheGym.com

Birthday Parties at THE GYM

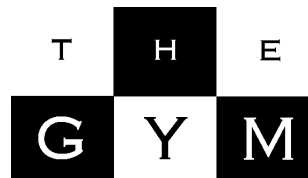
Thank you for considering THE GYM for your child's birthday party. In addition to offering Sports Specific, Youth Fitness, Color War, Yoga and Martial Arts themed parties, we can individually create your party to fit your child's dreams. All parties are staffed with an energetic and experienced staff. We are eager to celebrate your child's birthday.

Please call 914-219-1616 to book your party today!

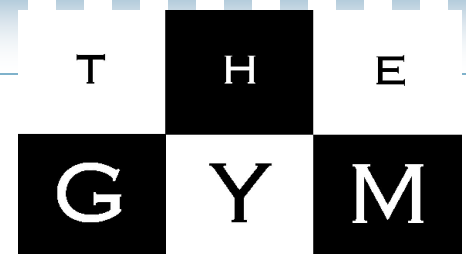
*Don't just drop your kids off...enjoy
One complimentary workout
in our state-of-the-art,
45,000 square foot health club
with this brochure.*

MUST CHECK IN AT CUSTOMER SERVICE TO USE THIS COMPLIMENTARY PASS.

**One Complimentary workout only.
THE GYM rules and regulations apply.**



99 Business Park
Armonk, NY 10504
www.GetToTheGym.com



youth classes and sport- specific programs

The goal of THE GYM's Youth and Sport-Specific Programs 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.

*To register, please speak with
Matt Spallina.*

914-219-1616