



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BIG GYM SCHEDULE

APRIL 9- 15, 2018

Early Out

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am – 6:00 am Boot Camp	5:30 am – 7:00 am Open Gym B-ball	5:15 am – 6:00 am Boot Camp	5:00 am – 8:15 am Open Gym B-ball	9:00 am – 10:00 am Blast (Side A)	6:00 am – 6:00 pm Open Gym	1:00 pm – 5:00 pm Open Gym
9:30 am – 11:15 am Child Care (Side B)	9:30 am – 11:15 am Child Care (Side B)	9:30 am – 11:15 pm Child Care				
		2:30 p.m. – 5:00 p.m. Child Care (Side B)	9:45 am – 9:00 pm Gymnastics (Full gym)	1:00 pm – 4:00 pm Child Care (Side A)		
	6:00 p.m. – 9:00 p.m. Adult Basketball League (Full Gym)	6:00 p.m. – 7:00 p.m. Tee-Ball Skills (Side B)	<i>*Gymnastics equipment will be set up in full gym due to our gymnastics showcase.</i>	8:00 a.m. – 6:30 pm (Side B) <i>*Ninja Warrior equipment will be set up on (Side B) all Friday.*</i>		

Open Gym will be designated throughout the day where there is not a current program taking place.

If you have any questions, comments, or requests, please contact Lucas Hughes at 641 792 4006.

SMALL GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 am- 6:00 am Boot Camp	8:00 am-10:00 am Pickle Ball	5:15 am- 6:00 am Boot Camp	8:15 am-9:15 am Body Shred	9:00 am – 11:30 am Child Care	6:00 am – 6:00 pm Open Gym	1:00 pm – 5:00 pm Open Gym
9:00 am – 9:45 am Cardio Circuit	2:15 p.m. – 5:00 p.m. Child Care (Either Side)	9:00 am-9:45 am Strength Circuit	9:30 am – 11:15 am Child Care (Either Side)	1:00 pm-3:00 pm Pickleball		
2:15 pm – 5:00 pm Child Care (Either Side)	7:00 pm – 9:00 pm Drop-in Volleyball (Full Gym)	6:00 pm- 6:50 pm TRX	2:30 pm-5:00 pm Child Care (Either Side)			
6:00 pm- 6:50 pm TRX						

SCHEDULED CLOSURES

APRIL 2ND – 1.5 HR EARLY OUT – NEWTON SCHOOL DISTRICT

Last Edited on 3/28/2018

FACILITY HOURS

Mon–Thu 5:00 am – 12:00 am Saturday 6:00 am – 6:00 pm
Friday 5:00 am – 8:00 pm Sunday 1:00 pm – 5:00 pm