



Sports Center  
 Warlick Sports Center @ Warlick Family YMCA  
 February 1st - February 28th

2221 Robinwood Road  
 Gastonia, NC 28056  
 7048309622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Open Gym</b> 5am - 8:30am	<b>Open Gym</b> 5am - 3:30pm	<b>Full Court Adult Pickup</b> 5am - 7am	<b>Open Gym</b> 5am - 8:30am	<b>Open Gym</b> 5am - 9:45am		
7am			<b>Open Gym</b> 7am - 8am			<b>Open Gym</b> 7am - 8:50am	
8am	<b>PickleBall</b> 8:30am - 10am		<b>Tabata Mix</b> Gwen McGhee 8am - 8:55am	<b>PickleBall</b> 8:30am - 10am			
9am			<b>Open Gym</b> 9am - 11am			<b>Zumba</b> WEEKEND ROTATION 9am - 9:55am	
10am				<b>Open Gym</b> 10am - 3:30pm	<b>* Line Dancing</b> Lucinda Marlowe 10am - 11am	<b>PickleBall</b> 10:30am - 12pm	
11am	<b>* Zumba Gold</b> Barbara Mooradian 11am - 11:55am		<b>* Zumba Gold</b> Barbara Mooradian 11am - 11:55am		<b>* Zumba Gold</b> Barbara Mooradian 11am - 12pm		
12pm	<b>Open Gym</b> 12pm - 4pm		<b>Open Gym</b> 12pm - 4pm		<b>Open Gym</b> 12pm - 9pm	<b>Open Gym</b> 12pm - 6pm	
1pm							<b>Open Gym</b> 1pm - 2pm
							<b>Zumba</b> Iris Santos 1:15pm - 2:15pm
2pm							<b>Pickup Basketball</b> 2pm - 4pm
3pm		<b>Teen Open Gym</b> 3:30pm - 5pm		<b>Teen Open Gym</b> 3:30pm - 5pm			
		<b>Kid's Fitness</b> Tyann Johnson 3:45pm - 4:30pm		<b>Kid's Fitness</b> Jeremy McCarey 3:45pm - 4:30pm			
4pm	<b>Open Gym split</b> 4pm - 6pm		<b>Open Gym split</b> 4pm - 6:30pm				<b>Open Gym</b> 4pm - 6pm
5pm		<b>Volleyball Lessons</b> 5pm - 7:30pm		<b>Open Gym</b> 5pm - 9pm			
6pm	<b>Pickup Basketball</b> 6pm - 9pm		<b>Dance Fitness</b> Jessica Ward 6:30pm - 7:30pm				
7pm		<b>Open Gym</b> 7:30pm - 9pm	<b>Open Gym</b> 7:30pm - 9pm				

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.