



Sports Center
 Warlick Sports Center @ Warlick Family YMCA
 September 8th - September 14th

2221 Robinwood Road
 Gastonia, NC 28056
 7048309622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Gym 5am - 8:30am	Open Gym 5am - 3:30pm	Full Court Adult Pickup 5am - 7am	Open Gym 5am - 8:30am	Open Gym 5am - 9:45am		
7am			Open Gym 7am - 8am			Open Gym 7am - 8:50am	
8am	PickleBall 8:30am - 10:30am		LES MILLS GRIT™ Cardio Lauren Barranti 8:15am - 8:45am	PickleBall 8:30am - 10:30am			
9am			Open Gym 9am - 11am			Zumba WEEKEND ROTATION 9am - 9:55am	
10am				Open Gym 10:30am - 3:30pm	* Line Dancing Lucinda Marlowe 10am - 11am	PickleBall 10:30am - 12pm	
11am	* Zumba Gold Iris Santos 11am - 12pm		* Zumba Gold Dana Wolfe 11am - 12pm		* Zumba Gold Dana Wolfe 11am - 12pm		
12pm	Open Gym 12pm - 4pm		Open Gym 12pm - 4pm		Open Gym 12pm - 9pm	Open Gym 12pm - 6pm	
1pm							Zumba Iris Santos 1:15pm - 2:15pm
2pm							Pickup Basketball 2pm - 4pm
4pm	Open Gym split 4pm - 6pm	Family Gym Time 4:30pm - 6pm	Open Gym split 4pm - 6:30pm	Family Gym Time 4:30pm - 6pm			Open Gym 4pm - 6pm
6pm	Pickup Basketball 6pm - 9pm	Open Gym 6pm - 9pm	Open Gym 6:30pm - 9pm	Open Gym 6pm - 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.