

WHAT IS HOOSIER WARRIORS?

Hoosier Warriors Gym combines parkour, tumbling, and strength training with obstacles. The sport is quickly growing in the United States and our elite Hoosier Warriors are training to compete!



WHAT IS PARKOUR?

Parkour is a training discipline using movement that developed from military obstacle course trainings. Parkour Runners aim to get from one point to another in a complex environment. The objective is to navigate the environment in the fastest and most efficient way possible. Parkour includes running, freerunning, climbing, swinging, vaulting, jumping, rolling, quadrupedal movement and other movements as deemed most suitable for the situation. These classes feature training in vaulting, rolling,

WHAT IS INCLUDED?

Classes run in sessions for a period of 4 weeks at a time. The tuition rate is listed for the session, which is one class per week for the entire session with priority registration for the next session. A waiting list is in place for classes that are full.

HOW DO I REGISTER?

Email us at:

info@hoosierwarriorsgym.com Parents are able to select the time frame that works best for their family based on the age and ability of their child.

OPEN GYM ~ \$10 PER CHILD

WARRIOR OPEN GYM

Wednesday 2:00-3:00pm
Wednesday: 8:00-9:00pm
Friday: 11:30-12:30am
Saturday: 12:00-1:00pm
Sunday: 5:00-6:00pm

TUMBLING OPEN GYM

Monday: 7:00-7:50pm

PARKOUR OPEN GYM

Tuesday: 7:30-8:30pm



FREE ADULT WORKOUTS

At Hoosier Warriors Gym we hope to be a resource to our community as we connect people to each other through fitness. We offer FREE adult workouts 3 days a week. Need childcare? No problem! We offer FREE open gym hours for your children while you workout.

Wednesday 8:00-9:00pm
Thursday 8:30-9:30pm

7508 BEECHWOOD CENTRE
SUITE 600
AVON, INDIANA 46123

HOOSIER WARRIORS GYM

A FAST PACED, FUN
SPACE FOR YOUTH
FITNESS AND LEARNING
THROUGH MOVEMENT!

FALL SESSION 1
September 21 - October 25

FALL SESSION 2
October 26-November 22
NO CLASSES OCTOBER 12-18

FALL SESSION 3
November 23 - December 14

<https://hoosierwarriorsgym.com>
info@hoosierwarriorsgym.com



KIDS NIGHT OUT:

Sept 11 & 26 Oct 9 & 24 Nov 13 & 28

Bring your kids to the gym for an awesome time while you enjoy an evening out!!! The kids will be in the gym doing obstacle courses, playing games, and having an amazing time. We provide a snack and drink. All participants between the ages of 3-13 years old are welcome. You DO NOT have to be a member of the gym to attend so invite your friends!! Events are limited to the first 20 participants. Doors open at 6:15pm. Event starts at 6:30pm and ends promptly at 9:30pm. Pre-registration is recommended but not required. Register online at <https://app.jackrabbitclass.com/regv2.asp?id=540737> or contact Elizabeth at events@hoosierwarriorsgym.com to register.

FALL BREAK NINJA WARRIOR TRAINING

October 12-16 AND 19-23

Time: 7:30am - 3:00pm daily.

Cost: \$35 per child, per day.

Kids will participate in activities that engage their brain, muscles, and keep them busy. We provide the kids with a snack. Parents provide a lunch and water bottle to stay hydrated!

A full daily schedule can be located on the upcoming events section of our website.

<https://hoosierwarriorsgym.com/special-events-and-camps>



camps



BIRTHDAY PARTIES

Email parties@hoosierwarriorsgym.com to book your party! Up to 15 guests. Please visit our website for full descriptions of each party type

PARTY TIME BLOCKS

Friday: 6:00-8:00pm

Saturday: 1:30-3:30pm 4:00-6:00pm 7:00-9:00pm

Sunday: 10:00am-12:00pm

WARRIOR SCHEDULE AND TUITION RATES

Parent and Tot Training \$60

Age 1.5-3 years old

Wednesday 10:00-10:30am

Friday 11:00-11:30am

Sunday 1:15-1:45pm

Wee Warriors \$75

Ages 4-5 years old *age 3 by invitation only

Wednesday 11:00-11:45am

Wednesday 4:00-4:45pm

Thursday 5:00-5:45pm

Friday 3:00-3:45pm

Sunday 2:00-2:45pm

Beginner Warriors \$75

Ages 5-8 years old

Wednesday: 12:00-12:45pm

Wednesday 6:00-6:45pm

Thursday 4:00-4:45pm

Thursday 6:00-6:45pm

Friday 2:00-2:55pm

Sunday 12:15-1:00pm

Sunday 3:00-3:45pm

Intermediate Warriors \$75

Ages 8-15 years old

Wednesday 1:00-1:45pm

Wednesday: 5:00-5:45pm

Thursday 7:00-7:45pm

Friday 1:00-1:45pm

Sunday 4:00-4:45

Advanced Warriors \$75

Ages 11-17 years old

Wednesday 7:00-7:45pm

Sunday 4:00-4:45pm

Private lessons start at \$20

Contact via email to schedule private tumbling lessons. warriortumblers@gmail.com

TUMBLING AND PARKOUR CLASS SCHEDULE AND TUITION RATES

Tumbling 1 \$75

Ages 3-5 years old

Monday 5:00-5:45pm

Tumbling 2 \$75

Ages 5+

Monday 6:00-6:45pm

Tumbling 3 \$75

Ages 6+

COMING SOON!

Tumbling 4 \$75

Ages 10+ (must be able to do standing backhandspring without spot)

COMING SOON!

Our tumbling program uses stations and progressions to learn skills. The Intermediate and Advanced tumbling classes combine skills to eventually create complex tumbling passes. Tumblers need to wear leotards or tighter fitting clothing (nothing baggy or fringed) for safety.



Parkour 1 \$75

Ages 6-9

Tuesday 4:30-5:15pm

Parkour 2 \$75

Ages 8-10

Tuesday 5:30-6:15pm

Parkour 3 \$75

Ages 11+ or by invitation

Tuesday 5:30-6:15pm

Tuesday 6:30-7:15pm