

MAY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Zumba 12:45p & 6:30p	2 Work Out Wednesday 12:30p	3 Zumba 9:45a	4 Zumba 9:00a KDO 10a-2p GLADIATOR NIGHT!	5 USA Starz Cheer Tryouts & USA Desert Dance Tryouts
6	7 Muscle Up Monday 9:30a	8 Zumba 12:45p & 6:30p	9 Work Out Wednesday 12:30p	10 Zumba 9:45a	11 Zumba 9:00a KDO 10a-2p	12
13	14 Muscle Up Monday 9:30a	15 Zumba 12:45p & 6:30p	16 Work Out Wednesday 12:30p	17 Zumba 9:45a	18 Zumba 9:00a KDO 10a-2p	19 Kid's Night Out! 6:00-9:30p
20	21 Muscle Up Monday 9:30a	22 Zumba 12:45p & 6:30p	23 Work Out Wednesday 12:30p	24 Zumba 9:45a	25 Zumba 9:00a KDO 10a-2p	26
27	28 Muscle Up Monday 9:30a USA Summer Camp Begins!	29 Zumba 12:45p & 6:30p	30 Work Out Wednesday 12:30p	31 Zumba 9:45a		



**1530 S. Gilbert
Gilbert, AZ 85296**

Phone:

480.926.1480

Website:

USAGYMAZ.COM

OPEN GYM:

\$7/child

Mon/Thurs: 9:30-11am

Tues/Wed/Fri: 12:30-2pm

Tuesdays are Buy One Get One FREE for homeschoolers and
Friday Daytime Open Gym is BOGO for everyone!*

Friday Member Only:

7:00pm-8:30pm:

\$7 (pre sign up)/ \$10 at door

Coming in June:

Health Expo

June 2nd

Kids Night Out:

June 16th

Summer Camps:

All Month!

This month at USA...

USA Summer Camps

Summer at USA is the place to be! Give them something fun to do this summer while keeping them active. Now including Field Trip Wednesdays for Full Day Campers! Field Trips include the Phoenix Zoo, Stratum Laser Tag, Polar Ice and more! Camp activities include open gym, games, obstacle courses, karate lessons, contests, crafts and snacks! Every Friday is Water Day with water slides and swimming at Aqua Safe swim school! There are 10 weeks of fun to choose from: May 28th - August 3rd. Pick up an info brochure at the front desk or signup online at USAGYMAZ.COM

Ages: 5-12

Full Day 9a-3:30p

Half Day 9a-12:00p or 12:30p-3:30p

Bonus times for AM and PM are available.

ZUMBA

USA is now offering adult Zumba classes! Don't miss out on this easy-to-follow, calorie-burning, dance fitness party! Drop in for \$5/class. Coach Kristie is a licensed Zumba instructor and will be directing an hour long class during the week on Tuesdays at 12:45p & 6:30p, Thursdays 9:45a, and Fridays 9:00a!

Kids Day Out

Kids Day Out is 4 hours of FUN at USA! Open gym, craft, snacks and games! Must be 3 and potty trained!

Every Friday 10a-2p:

May 4: "All About Me" Page

May 11: Mother's Day Craft

May 18: Cards for Teachers

May 25: Puppets

Last month of prepaid BOGO, so take advantage by signing up today!

Kids Night Out

Drop off your kids at USA for an exciting Saturday night! We will eat pizza, do open gym, learn dances, make a craft, and play lots of games!! Parents, this is a great opportunity for a date night.

Saturday, May 19th 6:00-9:30p

Cost is \$20/one or \$30/two if prepaid, \$25/kid day of event

Kids Night Out now starts in the Cheer, Tumbling & Dance Facility!

USA Desert Dance Tryouts

May 5th, 12-2p

Tryout for our competitive, performance, or recreational groups!

USA STARZ Cheer Tryouts

May 5th - Individual tryout times must be scheduled in advance.

Pick up an info packet for DANCE or CHEER and sign up for tryouts at the Cheer, Tumbling & Dance Facility office today!