

DESCRIPTION of MY GYM of NEWTON

A franchisee of My Gym, a franchisor, with approximately 200 centers around the world.

My Gym offers weekly 1-hour exercise classes seven days a week, birthday parties on the weekends, and 3-hour drop-off play times during the summer and school vacation periods.

Exercise Classes

Ages 1 to 8 years

My Gym provides non-competitive physical and social skill development in a safe, clean, fun environment. Activity stations consist of physical challenges using balancing, climbing, tumbling and beginning gymnastics for all age groups. For ages 1-3 years, we incorporate imagination and fine motor manipulation, along with songs, dances, swings, and puppets. For independent ages 3 years – 8 years there are group games, relays, and sports skills. Our staff works to introduce healthy lifestyle habits. We also offer a Super Stars class for children on the autism spectrum.

Birthday Parties:

Ages 2 to 8 years

A My Gym party is a 1 ½ hour private event during which energetic My Gym staff guide the children through organized My Gym games and activities. The staff handles everything, including setup and cleanup.

3 – Hour Drop-Off Play Times:

Ages 3 to 8 years

Incorporates elements from the exercise classes and birthday parties. We work to enhance a child's physical and social skills and their sense of individual success. The Drop-Off program currently runs during the months of July and August from 9:30 – 12:30 on Tuesdays, Thursdays and Fridays.

Classes:	Mon. – Thurs.	9:15 – 6:30	
	Fri.	9:15 – 2:00	
	Sat.	8:30 – 1:00	
	Sun.	9:00 – 10:00	
Parties:	Fri.	5:30 – 7:00	
	Sat.	1:30 – 7:00	
	Sun.	10:30 – 6:00	
Camps:	Mon. – Fri.	9:30 – 12:30	July, August and school holiday breaks

Classes between 9:00 and noon are typically parent participation so customers will park.

Classes between noon and 4:00 are typically small; less than 10 kids

Classes between 4:00 and 6:30 are typically drop-off.

Parties vary between drop off and parent staying depending upon the age of the child.

15 minutes between classes / 30 minutes between parties to allow customer arrival / departure

Camps are all drop off sessions.

Maximum Customer Parking Requirements:

Weekdays: 9:15– 11:30 12 cars (maximum of 18 kids per class with 1.5 kids per adult)

Weekends: 1:30 – 7:00 15 cars (maximum of 24 kids per party with 1.6 kids per adult)

Maximum Staff Parking Requirements:

Mon. – Sat.: 8:30 – 12:00 3 staff members

Fri. 12:00 – 5:30 6 staff members for weekly programming meeting