



1204 Erie Ct. • Crown Point, IN

219-662-8844

0600 White Oak Ave. • Dyer, IN

219-558-8811

[www.midwesttrainingandice.com](http://www.midwesttrainingandice.com)

ONE MONTH  
**FREE**  
**Hockey, Gymnastics,  
Cheer or Dance Lessons!**  
Up to an \$80 value. \$25 Registration Fee  
Required. Valid to new students only.

**Midwest Training** has the region's largest state-of-the-art training facilities for Hockey, Gymnastics, Cheer, Dance and Figure Skating. For students looking toward a professional career, those who simply want to have fun and enjoy their sport recreationally, and even those who look to have a good time with friends while relearning some of those skills they had as a child, **Midwest Training** offers programs for all ages and all abilities. **Midwest Training** provides sport-specific training in Gymnastics, Hockey, Figure Skating, and Cheerleading with all adult instructors who are experts in their fields, and at helping their students realize their full potential.

Parents are encouraged to stay and watch their children train. The facility boasts ample seating as well as free Wi-Fi. The Dyer location offers a full-service health club for parents to use while their kids are in class, and a full-service café. **Midwest Training** offers a host of classes, camps and events including parties and field trips.

At **Midwest Health & Fitness Center**, we offer our clients a variety of quality cardio, strengthening and weight training equipment. We also have Cardio Theater to keep your mind off the time while working out on our cardio equipment. In addition, we offer Zumba®, Pole Aerobics, Boot Camp Aerobics, Cardio Kick Box and Yogalates.

We constantly strive to keep our classes fresh and new while offering the most innovative, fun classes around. Our enthusiastic instructors will motivate you to stick to your program, while keeping your workouts challenging and interesting. No matter what level you are, we have a class to help you reach your goals!

Our facility is equipped with men's & women's locker rooms, spacious changing rooms, roomy shower stalls and a sauna! Our equipment is cleaned and disinfected many times a day. Sweat towels are loaned to our clients for use to ensure a clean and comfortable workout experience.