

Y FITNESS at the Park

MARCH SCHEDULE:

7th 8:30 AM Relax & Roll
13th 6:00 PM Zumba
21st 8:30 AM Relax & Roll
27th 9:30 AM Body Sculpting

**JIMMY NASH
CITY PARK**
360 N Home Ave
Martinsville



Body Sculpting *led by Kim McGill*

Focused workout to keep your body challenged.
Includes: Cardio, Strength and Stretching.

Relax & Roll *led by Melissa Roeder*

This class restores and recovers using foam rollers.

Zumba *led by Trena Dodge*

This class combines targeted body-sculpting exercises and high-energy cardio work.

- All Ages And Fitness Levels Are Welcome
- No Equipment Needed (bring water & a towel)
- Meet at the Family Pavilion at Jimmy Nash City Park

Watch Facebook@bbjymca.org or bbjymca.org as classes are added to the 2019 schedule of Y Fitness at the Park.
Call the Member Services Desk at the Y with any questions
765-342-6688.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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