

Y FITNESS at the Park

MAY SCHEDULE:

4th 8:00 AM Boot Camp
16th 6:00 PM Y Strong
22nd 6:00 PM Zumba
30th 8:30 AM Relax & Roll

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



Weekly, classes will be provided to fit a wide range of fitness levels. Equipment such as stability balls, exercise mats, free weights, resistance bands and steppers will be provided when needed. A variety of music will be used throughout the classes.

- 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 for updates to the 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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