

# Y at the Park

## JANUARY SCHEDULE:

**Fridays 3rd, 10th, 17th, 24th, 31st  
@ Noon TRAIL RUN**  
(meet at the pool pavilion)

***Watch Facebook  
for additional FREE  
events at the park.***

All activities are at:  
**JIMMY NASH  
CITY PARK**  
360 N Home Ave  
Martinsville



Weekly FREE activities 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)
- Located at one of the parks within the City of Martinsville (as indicated)

Watch Facebook@bbjymca.org or bbjymca.org for updates to the schedule of Y 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**

**Brought to you by  
The Barbara B Jordan YMCA and The City of Martinsville**