



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

Y at the Park

BRINGING FAMILY GAME NIGHT TO YOU!!

FRIDAY, MARCH 20, 6-7pm

Jimmy Nash City Park

Pool Pavilion

Drive up and we'll give you a
Family Game Night Take-Home Kit
with two games and a snack to share
at home.



*Games
for
all
ages.*



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.

MARCH SCHEDULE

Fridays
6th, 13th, 20th
@ Noon TRAIL RUN
(meet at the pool pavilion)

Thursday, MARCH 12th
RELAX & ROLL 8:30 AM
(at the family pavilion)

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



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