



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

# Y at the Park

Join us for a fun filled night!

## **FAMILY GAME NIGHT**

**FRIDAY, MARCH 20th**

**6pm-8pm**

**Jimmy Nash City Park  
Family Pavilion**



*For  
all  
ages.*

*Games,  
Snacks  
and Fun!*



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, 27th  
@ 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**