

**LET'S  
MOVE!**

VARIOUS CLASS TIMES  
TO FIT YOUR SCHEDULE!

## **MOSSA Group Power**



***Group Power will blast  
all your muscles with a high-rep,  
weight training workout.***

Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises.

***POWER UP 5 days a week!***

**Mon-Wed-Fri @ 9:30 AM**

**Tues & Thurs @ 5:00 PM**

**or at One Place at Life Pointe Church  
 Mooresville Mon & Fri @ 9:00 AM**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**YMCA OF MORGAN COUNTY**

2039 E. Morgan St., Martinsville

765-342-6688

[ymcamorgancounty.org](http://ymcamorgancounty.org)