

# FOCUS on FITNESS at ONE PLACE

One Place at  
Life Pointe Church  
825 N. Indiana St.  
Mooreville

*-fitness classes for adults  
offered at One Place  
through YMCA of Morgan County*



## Strength and Cardio

- Combines power moves using steps, tubes, body weight and dumbbells
- Cardio incorporated throughout for endurance

**Monday, Friday 10:00 AM**

## MOSSA Group Power

- Combines squats, lunges, presses, and curls with functional integrated exercises
  - Uses an adjustable barbell, weight plates, and body weight
- Monday, Friday 9:00 AM**



\*Classes are free with YMCA of Morgan County membership. See rates at [ymcamorgancounty.org](http://ymcamorgancounty.org). Silver Sneakers eligibility accepted. Or purchase a punchcard: 5 classes for \$20.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**YMCA OF MORGAN COUNTY**