

**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.



***Now, more times to POWER UP!***

**Mondays & Wednesdays @ 5:00 PM**

**Tuesdays & Thursdays @ 9:30 AM**

**Saturday Jan 16th & 30th @9:00 AM**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BARBARA B. JORDAN YMCA**  
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