

JANUARY NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BARBARA B. JORDAN YMCA

2039 E. MORGAN STREET

January 2021

www.bbjymca.org

STRENGTHENING COMMUNITY IS OUR CAUSE

Strong Athletes for Life

Off-Season Conditioning

Through BBJ YMCA Strong Athletes, students will learn the basics of building a solid foundation of strength in the off-season.

- All ability levels are welcome to participate.
- Group begins meeting in January.
- Call 765-342-6688 to register.



BE A PART OF SOMETHING BIGGER

Corporate Memberships



To learn more about the benefits of Corporate Memberships call Emily West or Dave Nash at 765-342-6688

Health and Fitness benefit the employer with **reduced health care costs, increased productivity, and decreased absentee-**

Events and Activities

Grab & Go Dinners from Second Helpings

Monday-Friday 4-6 PM

Volleyball Open Gym

Tuesdays 7-9 PM

Swimming Lessons

Tues/Thurs Sessions starting Jan 12th

Bottoms Up Scuba Diving

Wed 6-7:45 PM; Sat Noon-2 PM

Pickleball

Mon, Tue, Thu and Fri 9:30 AM-Noon

Gym and Swim

20-21 School Year Session 3 starts Jan 27th

MOSSA Group Power Classes

Mon/Wed 5PM, Tue/Thu 9:30AM, Saturday (Jan 9th & 23rd) 9AM

Central Nine Adult

Basic Education Classes

centralnineadulted.org for more info

Lady Artesian Youth Basketball

Saturdays (at MSD Schools)

Adult Volleyball League

Sundays at BBJ Y through January 24th

Youth Basketball

Saturdays at BBJYMCA starting January 9th
Practice Wed & Thurs @ BBJ YMCA 6-9 PM

2021 Sports Registrations

Mens' Basketball League

Register thru 1-25

Youth Girls' Volleyball League

Register thru 1-8

PeeWee Basketball League

Register beginning 1-4

Women's Basketball League

Watch for more info coming soon!

TIME FOR SOMETHING NEW



Hit the **RESET** button

FREE 6-Week Transformation next challenge starts

FEB. 1 2021

Are you ready for a change?

We are challenging members and the community to join the RESET challenge!

RESET your mind, body and spirit!

Join at: bbjymca.org/programs/the-reset-challenge/

Looking for Virtual Workouts to match your schedule?



FB@StrongandLean
W/F 8:30-9:30 am
Zoom Zumba M-Th 6-7pm
ymca360.org
myy.org/live-y-videos
silverandft.com/workouts

NEED CHILD CARE OPTIONS?

We can help...

E-Learning and Before & After School Care available following the MSD of Martinsville spotlight plan. (RED/YELLOW/GREEN)

Volunteer Opportunities

-Grab-and-go meal volunteers

4-6pm at BBJYMCA Mon-Fri
inquire at the membership services desk.

Simplify your evenings in 2021



FREE GRAB & GO MEAL

Family-style meals such as:
Taco Beef and Rice, Beef Stew,
Spaghetti with Meat Sauce,
Creamy Ranch Penne and
BBQ Pork Mac

Bring back family dinners.

Monday thru Friday 4 - 6 PM

Thank you to our Community Partners who volunteer to serve the meals: St. Martin of Tours Catholic Church, Martinsville Kiwanis, Martinsville Rotary Club, Churches in Mission, First Christian Church of Morgantown.

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.

LET'S MOVE!

Mondays & Wednesdays @ 5:00 PM

Tuesdays & Thursdays @ 9:30 AM

Saturday Jan 9th & 23rd @ 9:00 AM

Ten tracks with specific workout objectives:

- Warm-up
- Back & Legs
- Legs
- More Legs
- Triceps
- Shoulders
- Core
- Stretch
- Biceps
- Chest

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