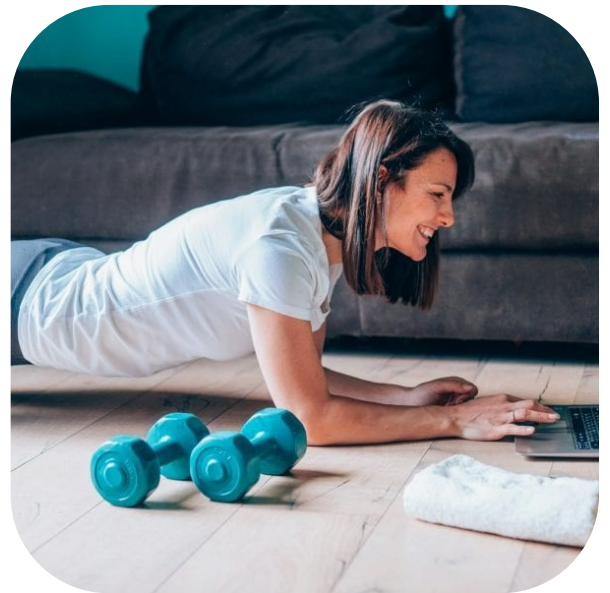




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ENGAGED ENCOURAGED CONNECTED

Virtual and On-Demand Classes



Zumba ZOOM ID 826 4950 9600
Password 076468

*Join Trenna Monday, Tuesday,
Wednesday and Thursday from 6-7 PM*

Strong and Lean Facebook @ Strong and Lean

Join Elizabeth Wednesday and Friday from 8:30-9:30 AM

**Yoga, Bootcamp, Core Conditioning, Dance Fitness
and more!** On-Demand at ymca360.org

Join the Y on your schedule for a variety of classes

Barre, Pilates, H.I.T.T. and more!

Live classes online at myy.org/live-y-videos/

Join our friends at the Y of Greater Cincinnati for a variety of live classes

Silver and Fit

30-minutes workouts on FB & YouTube at www.silverandfit.com/workouts

BARBARA B. JORDAN YMCA 2039 E Morgan St., Martinsville 765-342-6688 bbjymca.org