



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



- *Strength, connection & accountability
- *Breathing techniques
- * Increased mobility and flexibility through functional movements & corrective exercises
- *Mindful & intuitive eating practices.

FEBRUARY FUN IN 2021!

Are you ready to get stronger from the inside out?

VIRTUAL SMALL GROUP TRAINING

8 sessions in February

Tues/Thurs 9:30a-10:30a

Y-Members \$150 /Community \$180

Instructor Stephanie Kraft is Certified in Personal Training, 500 hr. Pilates, 200 RYT, TRX, and Nutrition Consulting.

REGISTER ONLINE TODAY

ASHLAND FAMILY YMCA

www.ashlandymca.org

541.482.9622