



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Are you ready to get stronger from the inside out with fun, spunky movements?

Increase strength & flexibility with this circuit style workout.

VIRTUAL SMALL GROUP TRAINING

January special! \$75 / 8 classes

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

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