



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEEP YOUR FAMILY ACTIVE THIS SUMMER

Family Bootcamp and Yoga

Come as a family and enjoy our summer Bootcamp and Yoga classes.

BOOTCAMP

Family Bootcamp is a strength and conditioning class designed for kids ages 8 and up and their parents. It consists of drills and games that improve speed, agility and strength building through the use of different training equipment and stations that focus on body weight exercises like pushups and squats. We want to provide your family with the knowledge and experience you deserve so that you can stay active and healthy together as a family!

Monday 9:30 am

YOGA

Family Yoga is designed for kids ages 5 and up and their parents to gain increased body awareness, flexibility & strength. Your family will have fun while learning the basic techniques of yoga. This 30-minute class is a time to bring your spirit, mind, and body together to focus on breathing, form and flexibility after a hard workout of bootcamp.

Monday 10:30 am

**Beginning Monday June 4th
through July 30th 2018**

Free to Y Members!
Non-Members pay only \$37
per month for once a week
classes or a drop in rate of
\$15 per day per family.



Union County Family YMCA * 1150 Charles Lane * Marysville, Ohio 43040
937-303-9285 * www.unioncountyyymca.org

