



Every Tuesday **July 6~Aug. 8**

at the **Teays Valley Freshman Building** (formerly Teays Valley Middle School)

5-week mini-session \$25 Drop-In rate of \$6 per class

Get in on the action! The Summer "Get Fit" Mini-session is open to YMCA Members, Residents of the City of Ashville and of the Teays Valley School District.

Y Walkers

9:00–10:00 am

Walk into a healthy lifestyle! Let the Y help you develop a routine of walking through the halls of the newly refurbished Teays Valley Freshman Building. Burn calories! Grab a friend and join the Y Walkers!

Activities for Older Adults

10:15–11:15 am

A creative blend of social functions, physical activities and healthy lifestyle changes. Improve your range of motion, balance, flexibility and strength, resulting in greater control of your health. Meet in Commons Area.

Y Kids R Fit

5:30–7:45 pm

Each week's focus and activities provide youth an opportunity to experience fun ways to learn about health and fitness. Meet in Commons Area.

Boot Camp

5:30–6:30 pm

Participants perform push-ups, sit-ups, agility drills, plyometrics plus cardio and strength training exercises for a challenging, but fun workout.

Pilates

6:45–7:45 pm

and stress reduction. Room 112

The ultimate mind-body exercise for all fitness levels. Techniques focus on strengthening core muscles, realigning the body, and increasing flexibility, while combining the key element of Yoga

Karate

6:45–7:45 pm

This class teaches basic Karate movements in a fun and relaxed environment. Meet in Commons Area.

Register now

ONLINE! ymcacolumbus.org/pickaway

or contact

Jill Puthoff at the Pickaway County YMCA **740-477-1661**
jputhoff@ymcacolumbus.org

or **Kionta Carter** at the Grove City YMCA **614-871-9622**
kcarter@ymcacolumbus.org

ACTIVATE ASHVILLE is a partnership between the City of Ashville, Teays Valley School District and the YMCA of Central Ohio.



ymcacolumbus.org