



B-Board

Grants Pass Family YMCA

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

This exciting and fun small group training program using B-Boards mixed with different fitness techniques like H.I.I.T. (High Intensity Interval Training), Pilates, Yoga and muscular conditioning. This program is great for all ages, the board is very stable so you don't need to be an expert to stand up on it. Come and check it out!



REGISTRATION OPEN

Wednesday & Friday

At 10am

(11 spots only)

Ages: 12yrs and up

Class held in the Collins Room

Starting Sept 1

