



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# B-Board

## Grants Pass Family YMCA

**Register Now!!!**

**DEMO Classes**

**June 23rd & 25th @ 11am or 5pm**

**24 spots available**

**sign up at the YMCA or online  
541-474-0001**

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. It is one of the best balance workouts choreographed. This program is great for all ages, the board is very stable you don't need to be an expert to stand up on it. Come and check it out!



**Classes start July 6th, 2020**

**REGISTRATION OPEN ONLINE**

**Tuesday & Thursday at 11am**

**Or**

**Monday & Wednesday at 6pm**

*Classes Run Monthly*

**\* Member Cost \$25.00**

**\* Non Member Cost \$40.00**

**(12 spots only)**

**Ages: 14 yrs and up**

**Class held in the Collins Room**

