



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FAMILY FUN BOOTCAMP AND YOGA

Get moving together as a family, and have fun doing it!

**BOOTCAMP:** 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.

**Monday 9:45 am**



**YOGA:** 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**

**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.

**Beginning Monday, June  
10<sup>th</sup> through July 29<sup>th</sup>, 2019**

Union County Family YMCA \* 1150 Charles Lane \* Marysville, Ohio 43040  
937-303-9285 \* [www.unioncountyyymca.org](http://www.unioncountyyymca.org)

United Way  
of Union County

