

KICK • BARRE • CORE

3 mini work-outs in one!!

- 20 minutes of cardio kick
- 20 minutes of cardio barre
- 20 minutes of core exercises & flexibility

Cardio kickboxing, booty-barre, weights, and more with instructor Jami Hanna, a Certified Personal Trainer with a BS in Health, PE/ Leadership & Sports Nutrition.



NEW CLASS

T/TH 12-1p

\$48 Y-members/\$80 Community
Prices listed are based on 4 weeks per month and may vary
Drop-in \$8 Y-members/\$12 Community per class
located in the Wellness Studio



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ASHLAND FAMILY YMCA