



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVE FUN BE ACTIVE LIVE HEALTHY

Free Fitness Classes at Charley Young Event Park DAILY FAMILY YMCA

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Sponsored by Farmers Insurance - Robin Decatur. Bring a towel and plenty of water!

Mondays: 6:00-7:00pm DEFEND TOGETHER

DEFEND TOGETHER burns calories and builds total body strength. This workout combines cutting edge mixed martial arts movements with upbeat music for enhanced cardio fitness.

Thursdays: 6:00-7:00pm ZUMBA

ZUMBA is a mix of Latin and international music to create a dynamic, fun, high energy and effective workout, combining various rhythms with movements that tone and sculpt the body.

Fridays: 6:00-7:00am YOGA

Yoga builds a strong body, mind, and spirit by incorporating postures, breathing exercises and a mind focus that improves balance, strength, and flexibility. Restorative breathing and final relaxation will promote stress reduction and mental clarity.

WHEN: Beginning Monday, June 26, 2017

WHERE: Charley Young Event Park
50 W. Dawes, Bixby

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