



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

High Intensity Kickboxing Classes

(begins August 18, 2021)



Burn Calories!

Lose Weight!

Get Tone!

Learn Self-defense!

Get Fit!

Let a Professional Instructor
safely guide you into
health, self-defense,
and fitness.

Classes are every Monday and Wednesday 6:30–7:30pm.

Free to All YMCA Members

Classes taught by ISSA Certified Personal Trainer Jasmine Styles from J Styles Fitness.

“We Breed Beasts”

P: (662) 394-1532

E: jasmine@jstylesfitness.com

W: www.jstylesfitness.com