

JANUARY NEWS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRENGTHENING COMMUNITY IS OUR CAUSE

January 2022



WELCOME
to the **YMCA OF MORGAN COUNTY**
Find your passion in 2022

Adult Sports

Basketball, Volleyball, Pickleball

Fitness Classes

MOSSA-squats, lunges, presses and curls with functional integrated exercises in a motivating group atmosphere.

BOOM-Move, Muscle and Mind-move to the music, strengthen and improve balance and flexibility.

Aquatic Classes

Open Swim-do your own thing alone or with your family (lap swim schedule also available)

Water Fit-intense interval water workout, great for overall toning or cross training

Financial or Career Coaching

Help creating and managing budgets, making a debt reduction plan or increasing your income through exploring skills advancement training.

Volunteering or Working at the Y

Like working with youth? Would you like to help feed neighbors? Interested in part-time work?

Virtual workouts and healthy living classes
Free with your membership at YMCA360.org.

WHY I LOVE MY JOB AT THE Y....

Anita Breen's Y Story

Position: Fitness Instructor

Years at the YMCA of Morgan County: 13

Once upon a time a new mommy walked into this YMCA and found her village.

I went from being a member to a Fitness Instructor, member, supporter and volunteer. Everyday I get the joy of witnessing people get stronger spiritually, mentally and physically. I never want to stop helping people learn to love their body and I will never stop trying to love mine more. I feel like I make people comfortable when they first come to the YMCA of Morgan County.

It is my hope that OUR Y, the YMCA of Morgan County is able to continue growing and helping even more people.

THANK YOU FOR ALL YOU DO ANITA!



CONTACT US

BARBARA B. JORDAN YMCA YMCA OF MORGAN COUNTY

2039 E. Morgan St.,
Martinsville, IN

Hours Mon-Thu 6am-9pm;
Fri 6am-6pm; Sat 8am-6pm;
Sun Noon-4pm

Child Watch Hours

Mon-Fri 9am-Noon;
Mon-Thurs 5pm-8pm

Phone 765-342-6688

Fax 765-342-9670

Email info@bbjymca.org

Website bbjymca.org

Facebook [@bbjymca.org](https://www.facebook.com/bbjymca.org)

Instagram [@bbjymca](https://www.instagram.com/bbjymca)

Holiday Hours:

New Year's Eve 6am-3pm

(no childwatch)

Closed New Year's Day