



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# IF YOU DON'T USE IT YOU LOSE IT

## Adult Gymnastics

Our adult gymnastics and tumbling class will be fun and challenging for any adult who wants to experience an exciting way to exercise. We will incorporate balance, flexibility, stretching and strength, while both maintaining and enhancing your gymnastics abilities.

Mondays: 6:00 - 7:00 pm




November 7, 14, 21

December 5, 12, 19

Cost: \$10 per class

Contact: Gymnastics Director,  
Jodi West - 803-774-2350  
JWest@ymcasumter.org



   SUMTER FAMILY YMCA 220 Pine Street, Sumter, SC 29150  
803-774-2350 ymcasumter.org

Financial Assistance is available to those who qualify through our Open Doors Scholarship program.  
Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.