

Program info

From Adam Shinsky <adam.shinsky@wheelingymca.org>

Date Mon 10/6/2025 10:22 AM

To Leslie Riba <lriba@martinsferryoh.gov>

Attention Martins Ferry Residents!

We are excited to offer group fitness classes every Thursday, starting October 16, at the Martins Ferry Rec Center. Our class schedule includes: 10:30-11:30am Senior Citizen Stretch and Strength, and 5:30-6:30pm Core and More fitness class. Classes are \$5 each. Please email us at Info@wheelingymca.org for additional details.

We will

Also begin offering youth programs as well.

Thursday Nights starting October 16 we will offer a basketball skills and drills program led by former College Basketball player Asia Roby. This is for boys and girls in grades 3-6 who want to sharpen their skills prior to the upcoming season! The program will run Oct 16/23/30 from 6:45-8pm. Space is limited. Registration fee is \$25 and includes all 3 sessions.

Financial assistance is always available. For more Information please email : info@wheelingymca.org.

Sent from my iPhone