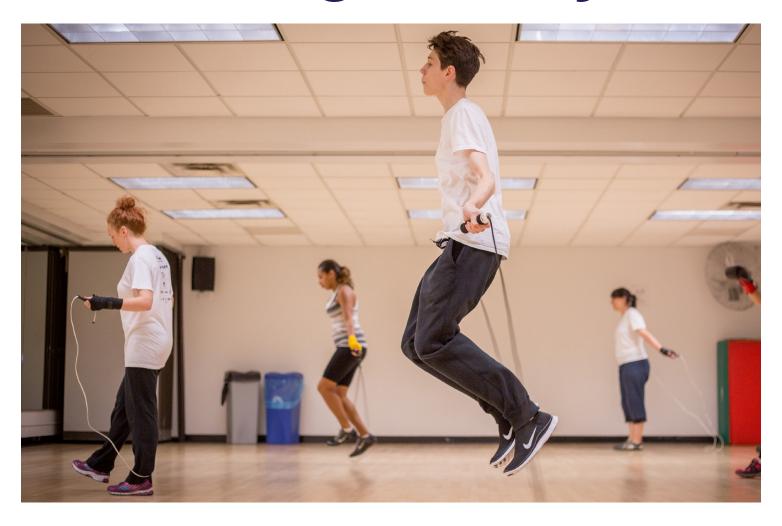
JANUARY JUMP ROPE JAM

Saturdays | 11:00 – 11:50 AM Starting January 6



Jump into the new year with Tim Haft and Shana Brady of Punk Rope!

Learn jump rope fundamentals that elevate your cardio and bring new energy to your fitness routine.



Learn more at 14StreetY.org/FitnessClasses





