

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**