



eliminating racism  
empowering women  
**ywca**



# CROSSFIT KIDS

SCHOOL  
YEAR  
HOURS

**CrossFit Kids is designed with youth ages 6-13 in mind. Each class will provide a fun, challenging and supportive environment for youth to make improvements in their fitness and friendships that last!**

**Contact:** Keisha Lockhart at  
641.752.8658 or  
keisha.lockhart@ymca-ywca.org

CrossFit 641  
Marshalltown YMCA-YWCA  
www.ymca-ywca.org

Join us Mon-Wed 4:15-5:15pm at the Y  
Cultural Center Building.  
Register at the Horne-Henry Center  
Service Desk.  
**Cost:** Y Members: \$35/mo.  
Non-Y Members: \$70/mo.



**JOIN THE  
FUN!**