



HEALTHY LIVING HUBS

The Y's Healthy Living Hubs offer FREE group fitness classes led by Y-Certified Instructors that are open to ALL fitness levels!

ON-SITE REGISTRATION REQUIRED. MOST CLASSES LAST ONE HOUR.



FREE FITNESS CLASSES

January 7th – June 29th			
CLASS	DAY	TIME	LOCATION
BASKETBALL is a drop-in program that is perfect for youth and adults looking for an indoor pickup game.	Thursday	YOUTH: 5:30pm ADULT: 7:00pm	Baxter Community Center
BOOTCAMP provides a variety of high-intensity interval circuits uses weights and resistance bands to target all major muscle groups to burn calories and strengthen the entire body.	Tuesday	6:00pm	New City Fellowship
	Saturday	11:00am	New City Fellowship
Sit & Be Fit will work all muscles and joints safely, as well as work on balance, muscle reflex, and flexibility. This class is designed for those who need a little extra stability in there workout.	Wednesday	11:30am	UCOM
Kickboxing is a combined element of boxing, martial arts, and cardio movement for high-energy class that will provide fat burning and strengthening.	Thursday	6:00pm	Cook Art Center- starts 1/17/19
YOGA helps to reduce stress, strengthen the body, relax the mind, and increase flexibility.	Tuesday	4:30pm	North Kent Connect
	Wednesday	5:30pm	Campau Commons
ZUMBA takes the "work" out of workout by mixing low-intensity and high-intensity moves for a calorie-burning dance party.	Monday	6:00pm	SECOM
	Tuesday	6:30pm	Parkview Elementary- starts 1/14/19
		4:30pm	Sibley Elementary
		6:00pm	Dickinson Elementary+
	Wednesday	6:00pm	St. Alphonsus Parish
		6:00pm	North Godwin Elementary+
Thursday	6:00pm	Burton Elementary	
SoulfulMotion is designed to keep you moving and inspired. A combination of kickboxing, dance aerobis, and toning moves choreographed to Gospel, Christian, and inspirational music.	Wednesday	6:00 pm	Burton Elementary +
	Saturday	11:00 am	First CRC

QUESTIONS?

For more information or an up-to-date schedule, contact us at **616.855.9648** or visit grymca.org/hubs

+SPANISH SPEAKING STAFF AVAILABLE

HEALTHY LIVING HUBS

HUB SITES >

Baxter Community Center

935 Baxter SE

Burton Elementary

2133 Buchanan Ave SW

Campau Common

821 Division Ave S

Cook Art Center

644 Grandville Ave SW

Dickinson Elementary

448 Dickinson St SE

First Christian Reformed Church

651 Franklin St SE

New City Fellowship OPC

700 Burton St SE

North Godwin Elementary

161 34th St SW

North Kent Connect

10075 Northland Dr. NE

Parkview Elementary

2075 Lee St SW

SECOM Resource Center

1545 Buchanan SW

Sibley Elementary

943 Sibley St NW

St. Alphonsus Parish

224 Carrier St NE

UCOM

1311 Chicago Dr. SW

