



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
YOGA helps to reduce stress, strengthen the body, relax the mind, and increase flexibility.	Wednesday	5:00pm	North Kent Connect
ZUMBA takes the “work” out of workout by mixing low-intensity and high-intensity moves for a calorie-burning dance party.	Tuesday	6:00pm	St. Alphonsus Parish
SoufulMotion is designed to keep you moving and inspired. A combination of kickboxing, dance aerobics, and toning moves choreographed to Gospel, Christian, and inspirational music.	Saturday	11:00 am	First CRC
WERQ is a fiercely fun dance fitness class based on pop, rock, and hip hop music.	Monday	6:00 pm	SECOM
	Thursday	5:45pm	Browning Claytor Health

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

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HUB SITES >

Baxter Community Center
935 Baxter SE

Browning Claytor Health Center
1246 Madison Ave SE

First Christian Reformed Church
651 Franklin St SE

New City Fellowship OPC
700 Burton St SE

North Kent Connect
10075 Northland Dr. NE

SECOM Resource Center
1545 Buchanan SW

St. Alphonsus Parish
224 Carrier St NE

