



# COMMUNITY GROUP FITNESS

The Y's Community Group Fitness Classes offer **FREE** 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

SEPTEMBER 9<sup>th</sup> – DECEMBER 20<sup>th</sup>

CLASS	DAY	TIME	LOCATION
<b>BASKETBALL</b> is a drop-in program that is perfect for youth and adults looking for an indoor pickup game.	Thursday	YOUTH: 5:30pm ADULT: 6:30pm	Baxter Community Center
<b>BOOTCAMP</b> 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	6:00 pm	New City Fellowship
<b>KICKBOXING</b> combined elements of boxing, martial arts, and cardio movement for a high-energy class that promises excellent physical conditioning, fast burning, and strengthening.	Monday	6:00 pm	Cook Art Center +
<b>FITNESS FOR LIFE</b> is a light cardio, stretching and strengthening designed for anyone desiring a low- impact movement, range of motion exercise, light strength training, balance training, breathe work and core strengthening.	Wednesday	6:00 pm	West Godwin Elementary +
<b>STORNG BY ZUMBA</b> combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.	Wednesday	6:30 pm	Parkview Elementary
<b>ZUMBA</b> takes the “work” out of workout by mixing low-intensity and high-intensity moves for a calorie-burning dance party.	Monday	6:45 pm	First CRC
	Tuesday	6:30 pm	St. Alphonsus Parish
	Thursday	6:00 pm	Dickinson Elementary
<b>WERQ</b> ® is a fiercely fun dance fitness class based on pop, rock, and hip hop music.	Monday	6:00 pm	SECOM
	Thursday	5:45 pm	Browning Claytor Health (ends 10/3/19)

### QUESTIONS?

For more information or an up-to-date schedule, contact us

at **616.855.9648**

or visit [grymca.org/hubs](http://grymca.org/hubs)

†SPANISH SPEAKING STAFF AVAILABLE

# COMMUNITY GROUP FITNESS

## SITES

**Baxter Community Center**  
935 Baxter SE

**Browning Claytor Health Center**  
1246 Madison Ave SE

**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

**Parkview Elementary**  
2075 Lee St SW

**SECOM Resource Center**  
1545 Buchanan SW

**St. Alphonsus Parish**  
224 Carrier St NE

**West Godwin Elementary**  
3546 Clyde Park Ave SW

