



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 9th – DECEMBER 20th

CLASS	DAY	TIME	LOCATION
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	6:00 pm	New City Fellowship
KICKBOXING 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 +
FITNESS FOR LIFE 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 +
STRONG BY ZUMBA 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
ZUMBA 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	4:45 pm	Sibley Elementary
	Thursday	6:00 pm	Dickinson Elementary
WERQ ® 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

†SPANISH SPEAKING STAFF AVAILABLE

COMMUNITY GROUP FITNESS

SITES >

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

Sibley Elementary
943 Sibley St NW

St. Alphonsus Parish
224 Carrier St NE

West Godwin Elementary
3546 Clyde Park Ave SW

