



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

February 10th – April 24th ***We may have more classes to add in the weeks to follow***

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
ZUMBA takes the “work” out of workout by mixing low-intensity and high-intensity moves for a calorie-burning dance party.	Monday	6:00 pm	SECOM
	Tuesday	6:30 pm	St. Alphonsus Parish
	Saturday	10:00 am	Madison Square Church

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 >

Madison Square Church
1441 Madison Ave SE

New City Fellowship OPC
700 Burton St SE

SECOM Resource Center
1545 Buchanan SW

St. Alphonsus Parish
224 Carrier St NE

