



# 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

October 12 <sup>th</sup> – December 19 <sup>th</sup>			
CLASS	DAY	TIME	LOCATION
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	Seidmen Boys & Girls Club
	Saturday	12:30 pm	Community Food Club
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	Madison Square Church
	Friday	10:00 am	SECOM

### 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



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Community Food Club  
1100 Division Ave S

Madison Square Church  
1441 Madison Ave SE

SECOM Resource Center  
1545 Buchanan SW

Seidmen Boys & Girls Club  
139 Crofton St SE

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