



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

| August 2 nd - December 18 th | | | |
|--|-----------|----------|---------------------------|
| CLASS | DAY | TIME | LOCATION |
| ZUMBA takes the "work" out of workout by mixing low-intensity and high-intensity moves for a calorie-burning dance party. | Tuesday | 6:30 pm | St. Alphonsus Parish |
| | Wednesday | 6:00 pm | Seidmen Boys & Girls Club |
| | Monday | 6:00 pm | SECOM |
| Kickboxing we've combined elements of boxing, martial arts, and cardio movement for a high-energy class. We do not involve physical contact yet provides the authentic and challenging movement associated with full contact styles. | 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

HEALTHY LIVING HUBS

HUB SITES >



Madison Square Church
1441 Madison Ave SE

Seidmen Boys & Girls Club
139 Crofton St SE

SECOM Resource Center
1545 Buchanan SW

St. Alphonsus Parish
224 Carrier St NE