



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

January 10 th -March 25 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
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	7:15 pm	Steil Boys & Girls Club
Sit & Be Fit is designed for those who need a little extra stability in their workouts; or for someone who is recovering from an injury or surgery. We will work all muscles and joints safely, as well as work on balance, muscle reflex, and flexibility. Participants will have the opportunity to strengthen and tone the body in an encouraging atmosphere.	Monday	11:00 am	Samaritas

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

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HUB SITES >



Samaritas

600 Burton St. SE

Steil Boys & Girls Club

235 Straight Ave NW

St. Alphonsus Parish

224 Carrier St. NE