



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FUN, FITNESS & FELLOWSHIP

## HEALTHY LIVING HUBS:

**We hope to see you there!**

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.

**Week of January 20<sup>th</sup>–May 16<sup>th</sup>**

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
	Friday	11:00 am	Sibley Elementary
SoulfulMOTION is a HIIT Fitness class that combines praise worship and hardcore FITNESS! SoulfulMOTION combines kickboxing, dancing <i>aerobics</i> and toning moves that are choreographed to Gospel, Christian and inspirational music, for an hour of dynamic fitness!	Monday	5:30 pm	Alger Park Church
	Tuesday	6:00 pm	First CRC
	Tuesday	9:30 am	Crosswinds Church
	Wednesday	6:15 pm	Godfrey Lee-ECC
Fitness for life is a program of light cardio, stretching and strengthening designed for anyone desiring a lower intensity workout. This class may help to improve joint mobility, strength, balance and coordination. Activities include walking, low-impact movement, range of motion exercises, light strength training, balance training, breath work and core strengthening.	Tuesday	12:00 pm	Genesis Suites - <i>Black Impact Collaborative</i>
	Friday	9:45 am	Streams GR ( <i>45-minute class</i> )

**SCAN  
HERE  
TO LEARN  
MORE!**



\*Schedule subject to change.

Brought to you by:  
YMCA OF GREATER GRAND RAPIDS  
5500 Burton St. SE, Grand Rapids, MI 49546  
616.285.9077 • [grymca.org/community-group-fitness](http://grymca.org/community-group-fitness)

**THIS PROGRAM IS FREE  
& EVERYONE IS WELCOME!**



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## Hub Sites

Alger Park Church  
2655 Eastern Ave SE

Crosswinds Community Church  
3815 Division Ave S.

First CRC  
651 Martin Luther King Jr. St SE

Genesis Suites- Black Impact Collaborative  
1333 Alger St. SE

Godfrey Lee-ECC  
961 Joosten St. SW

Sibley Elementary  
943 Sibley St NW

St. Alphonsus Parish  
224 Carrier St. NE

Streams GR  
280 60<sup>th</sup> St SE, Suite 100

