



# FUN FITNESS & FELLOWSHIP HEALTHY LIVING HUBS

SCAN  
HERE  
TO LEARN  
MORE!



\*SCHEDULE SUBJECT TO CHANGE.

## 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

**SUMMER SESSION: MAY 11<sup>TH</sup> – AUGUST 28<sup>TH</sup>**

CLASS	DAY	TIME	LOCATION
<b>ZUMBA</b> takes the work out of the workout by mixing low-intensity and high-intensity moves for a calorie-burning dance party.	Tuesday	11:30 AM	Second Congregational Church
<b>SoulfulMOTION</b> is a HIIT Fitness class that combines kickboxing, dancing aerobics 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
	Thursday	6:00 PM	Kentwood Community Church
<b>FITNESS FOR LIFE</b> is a program of light cardio, stretching and strengthening designed for anyone desiring a lower intensity workout.	Tuesday	12:00 PM	Genesis Suites- Black Impact Collaborative
	Thursday	1:30 PM	Genesis Suites- Black Impact Collaborative
<b>Urban Line Dancing</b> is a low-impact aerobic activity that combines the structure of line dancing with the energy and movement vocabulary of urban dance forms.	Thursday	6:00 PM	HUB 07

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,  
Grand Rapids, MI 49507

### KENTWOOD COMMUNITY CHURCH (DOOR G)

1200 60<sup>th</sup> St S.E Kentwood, MI 49508

### GENESIS SUITES- BLACK IMPACT COLLABORATIVE

1333 Alger St SE  
Grand Rapids, MI 49507

### HUB 07

1534 Kalamazoo Ave SE  
Grand Rapids, MI 49507

### SECOND CONGREGATIONAL CHURCH

525 Cheshire Dr NE,  
Grand Rapids, MI 49505

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