



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 11TH – AUGUST 28TH

| CLASS | DAY | TIME | LOCATION |
|---|----------|----------|--|
| ZUMBA 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 |
| SoulfulMOTION 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 |
| | Tuesday | 5:30 PM | First Church |
| FITNESS FOR LIFE 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 |

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

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



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 11TH – AUGUST 28TH

HUB SITES

ALGER PARK CHURCH

2655 Eastern Ave SE,
Grand Rapids, MI 49507

FIRST CHURCH

651 M.L.K. Jr St SE
Grand Rapids, MI 49507

GENESIS SUITES- BLACK IMPACT COLLABORATIVE

1333 Alger St SE
Grand Rapids, MI 49507

SECOND CONGREGATIONAL CHURCH

525 Cheshire Dr NE,
Grand Rapids, MI 49505

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

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