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

FALL/WINTER SESSION: SEPT. 28TH – DEC. 11TH

CLASS	DAY	TIME	LOCATION
ZUMBA takes the work out of the workout by mixing low-intensity and high-intensity moves for a calorie-buring dance party.	Tuesday	11:30 AM	Second Congregational Church
SoulfulMOTION is a HIIT Fitness class that combines kickboxing, dancing aerobics and toning moves, choreographed to Gospel, Christian and inspirational music, for an hour of dynamic fitness!	Wednesday Thursday	5:30 PM 6:30 PM	Bates Street Church Kentwood Community Church
FITNESS FOR LIFE is a program of light cardio, stretching and strengthening designed for anyone desiring a lower intensity workout.	Tuesday Tuesday Thursday	12:00 PM 1:00 PM 1:30 PM	Genesis Suites- Black Impact Collaborative Calvin Church Genesis Suites- Black Impact Collaborative
Proclaim Dance Fitness is a high energy dance workout set to uplifting Christian music. Classes combine athletic movement, joyful worship, and community to create a fun and faith filled fitness experience.	Wednesday	7:00 PM	Calvin Church

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

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HUB SITES

BATES STREET CHURCH
651 MLK St. SE
Grand Rapids, MI 49507

CALVIN CHURCH
700 Ethel St SE
Grand Rapids, MI 49506

GENESIS SUITES- BLACK IMPACT COLLABORATIVE
1333 Alger St SE
Grand Rapids, MI 49507

KENTWOOD COMMUNITY CHURCH (DOOR G)
1200 60th St S.E Kentwood, MI 49508

SECOND CONGREGATIONAL CHURCH
525 Cheshire Dr NE,
Grand Rapids, MI 49505

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THIS PROGRAM IS FREE & EVERYONE IS WELCOME!