



GRAND RIVER AREA FAMILY YMCA

Fitness Schedule Winter II: February 20 - April 1

Class times are subject to change.
Class size is limited on availability of equipment.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 6:00 am	Body Fusion	Cycle Express	Body Fusion	Cycle Express		
6:00-6:30	Cycle Express		Cycle Express			
8:15 - 9:00 am		Turbo Kick		Turbo Kick	Max Fit	
8:15 - 9:15 am	Group Power		Group Power			Group Power
8:30 - 9:15 am		Cycle				
9:00 - 9:45					Cycle	
9:10 - 9:55		Morning Mix		Morning Mix		
9:30 - 10:00	Floor, Step, & Kick		Floor, Step, & Kick			Cycle
10:05 - 11:05		Chair Yoga		Chair Yoga		
10:15 - 11:00	Silver Sneakers		Silver Sneakers		Silver Sneakers	
12:15 - 12:45 pm	Express Lunch Crunch		Express Lunch Crunch			
4:30 - 5:15		Zumba (Video)		Zumba (Video)		
4:45 - 5:15			Cycle Express			
5:00-6:00	Yoga Basics					
5:30 - 6:15	Cycle			Cycle		
5:30 - 6:30		Group Power		Group Power		

Fitness Class Prices

Group Power - \$20 for Members / \$40 for Program Participants
Saturday Group Power - \$10 Members / \$20 Program Participants
Basic Fitness - \$30 for Members / \$60 for Program Participants (Everything except Group Power!)
Drop-In Price for ALL Fitness Classes (Per Class) - \$3 for Members / \$5 for Program Participants
 Silver Sneakers—Free for Members / \$12 for Program Participants

The first fitness card purchased by a Member UNIT or individual Program Participant will be charged the regular price as listed above. Subsequent cards (of equal or lesser value) will be half price.

Unless otherwise stated, all prices are per session.

LET'S GET FIT TOGETHER



Fitness Class Descriptions

Individuals must be 14 years or older to take part in all fitness classes except Youth Strength & Cardio.

Cycling & Express Cycling (Certified Instructors: Vicky Burns, Allison Pickering, Meghanne Albrecht, and Angela Pope)

Come spin with us! Burn mega calories while improving your cardiovascular fitness, boosting your mood, and causing minimal impact to your joints. No coordination required.

Mossa Group Power™

(Certified Instructors: Vicky Burns, Scott Wade, Erin Pohren, and Rachael Holloway)

Group Power combines traditional strength exercises with the hottest functional training moves to make you fitter and stronger. High-rep training, athletic movements, and a periodized training approach are key components of this results-driven workout. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training.

Yoga Basics (Certified Instructor: Kasey Peyton, RYT-200)

This class opens the body and focuses the mind for relaxation and stress relief. It is appropriate for people of all ages (must be 14 or older) and levels of experience, including beginners. Please arrive 10 minutes early to set up your space. Classes start ON Time.

Lunch Crunch EXPRESS (Certified Instructor: Vicky Burns)

If time isn't on your side but you need a good workout! Get a thorough, total-body workout in just 30 minutes! This class is limited to 14 and is held upstairs using cardio and weight machines.

SilverSneakers I - Muscular Strength and Range of Movement

(Certified Instructors: Vicky Burns & Barb Williams)

Have fun and move to the music through a variety of exercise designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. SilverSneakers is free for members and \$12/session for community participants.

Chair Yoga (Certified Instructor: Barb Williams)

Basic yoga and stretch done with a chair. Improve strength, balance, and flexibility, coordination, and fitness in a safe effective manner.

Turbo Kick® (Certified Instructor: Angela Pope)

This ultimate cardiovascular challenge mixes aerobics with martial arts . Turbo Kick® is an interval based, full body workout that includes high paced intervals with kickboxing-specific strength/endurance training sequences and easy to follow combinations.

Morning Mix (Certified Instructor: Barb Williams)

A mix of low impact cardio with bands, balls, and hand weights set to Rock 'n' Roll music.

Floor, Step, and Kick (Certified Instructor: Vicky Burns)

Intervals of 1 minute floor aerobics, 1 minute step, and 2 minute kickboxing ending with a core workout. All exercises have modifications.

NEW!!! Body Fusion (Certified Instructor: Vicky Burns)

This is an intro class to Beachbody PiYo. Get the muscle sculpting of Pilates and the flexibility of yoga with a nonstop, fluid motion.

Max Fit (Certified Instructor: Rachael Holloway)

Join us for a fun, high intensity, result getting workout.

Heart Healthy Challenge

Let the YMCA help you achieve and maintain a healthy heart beginning February 20 with the Heart Healthy Challenge!

Free to all Y members, any fitness level, any age! Participants are challenged to build 18 healthy heart habits over a six week period. We'll help out by providing weekly emails full of tips, recipes, challenges, and much more.

Here's how it works. Sign up for the Heart Healthy Challenge at the YMCA Welcome Center and receive your Heart Healthy Goal Sheets. Then, check a box every week that you meet a specific challenge. **Just remember that you can only check one box per habit per week.** At the end of the six week period (by April 3), return your goal sheet to the Y. Everyone with at least **36** checked boxes will be entered to win a free 3-Month YMCA Membership. Other great prizes will be awarded throughout the challenge.



To receive txt alerts concerning fitness schedule reminders, changes, and updates, please txt **@gryfitness** to **81010**.