

GRAND RIVER AREA FAMILY YMCA



Fitness Schedule

Winter I: January 2 - February 10 (6 Weeks)

Class times are subject to change.
Class size is limited on availability of equipment.
With the exception of Strength Training Together,
cancelled classes will not be made up.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 - 6:00	Beach Body PiYO		Beach Body PiYO			
5:15 - 6:15 am		Strength Train Together — MOSSA Group Power		Strength Train Together — MOSSA Group Power		
5:30 - 6:00		Cycle Express				
6:00-6:30	Cycle Express		Cycle Express			
8:00 - 8:30						Express Strength Train Together — MOSSA Group Power
8:15 - 8:45		Turbo Kick		Turbo Kick	Max Fit	
8:15 - 9:15	Strength Train Together — MOSSA Group Power		Strength Train Together — MOSSA Group Power			
8:30 - 9:15		Cycle				
8:45-9:15						Cycle Express
9:00 - 9:45				Cycle	Cycle	
9:10 - 9:55		Morning Mix		Morning Mix		
9:30 - 10:00	Cardio 30		Cardio 30			
10:10 - 11:10		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			
4:45 - 5:15	Fitness Basic		Cycle Express Fitness Basic	Cycle Express		
5:30 - 6:00		Express Strength Train Together — MOSSA Group Power	Beach Body PiYO	Express Strength Train Together — MOSSA Group Power		
5:30 - 6:15	Cycle					
5:30 - 6:30	Yoga Basics					

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.

Fitness Class Prices (Prices reflect a 6 week class session.)

Strength Train Together (Mossa Group Power) Card - \$25 for Members / \$50 for Program Participants
Group Power cards are good for ALL Group Power Classes. Come morning, evening, and/or Saturdays all for one price.

Basic Fitness Card - \$30 for Members / \$60 for Program Participants (Everything except Group Power!)

Silver Sneakers and Chair Yoga - Free for Members / \$12 for Program Participants

Drop-In Price for ALL Fitness Classes (Per Class) - \$3 for Members / \$5 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.

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.

Strength Train Together — 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.

Express Strength Train Together — Mossa Group Power™

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

All the benefits of Group Power in a condensed format to better meet your scheduling needs.

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.

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.

Morning Mix (Certified Instructor: Barb Williams)

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

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.

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.

Cardio 30 (Certified Instructor: Vicky Burns)

Mix things up with 30 minutes of your favorite cardio exercises. From floor, to step, to kickboxing, and Zumba, we'll keep your heart rate up and your body moving .

NEW!!! Beach Body PiYO® (Certified Instructor: Vicky Burns)

Now you can get ultra-lean and totally defined-without punishing your body! This low-impact, high-intensity workout combines the muscle-sculpting, core firming benefits of Pilates with the strength and flexibility of yoga. And with cranked up speed and fluid transitions, you get your strength, sweat, and stretch on—in each workout!

Max Fit (Certified Instructor: Rachael Holloway)

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

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.

Fitness Basics (Instructor: Carly Carlton)

Get started with an easy to follow mix of low impact cardio favorites followed by a toning segment designed to build muscles as it burns fat.

Be sure to sign up for our 2018 YMCA Weight Loss Challenge !

Registration begins December 26 and ends with a weigh-in on January 5. **Cash** prizes will be given to the top two 2-person teams. The contest runs 8 weeks. For more information call the Welcome Center at 660-646-6677.

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