



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LET'S MOVE



## GRAND RIVER AREA FAMILY YMCA Fitness Schedule Spring: April 9 - May 19 (6 Weeks)

### Strength Train Together - Mossa Group Power

**(Certified Instructors: Vicky Burns, 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.

**Tuesday & Thursday 5:15 am - 6:15 am**

**Monday & Wednesday 8:15 am - 9:15 am**

**Saturday 8:00 am - 9:00 am**

Card Fee: \$25 Members / \$50 Program Participants  
Group Power cards are good for all Group Power Classes. Come up to 5 days a week for just one price.

Drop-In Fee (Per Class): \$3 Members / \$5 Program Participants

### Speed, Strength, & Agility

**(Certified Instructor: Angela Pope)**

Part of our new Athletic Performance Training program, **Speed, Strength & Agility** is a sports conditioning class for athletes in 7th - 12th grade that emphasizes athleticism utilizing a variety of strength and agility exercises to improve sports performance and prevent injuries.

**Monday & Wednesday 4:00 pm - 5:00 pm**

Fee: \$60 Members / \$100 Program 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.

**Tuesday & Thursday 10:10 am - 11:10 am**

Fee: Free for Members / \$12 Program Participants

### SilverSneakers I - Muscular Strength & Range of Motion

**(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.

**Monday, Wednesday, and Friday  
10:15 am - 11:00 am**

Fee: Free for Members / \$12 Program Participants

**Class times are subject to change.  
Class size is limited on availability of  
equipment. With the exception of Speed,  
Strength, and Agility, cancelled classes will  
not be made up. Unless otherwise stated,  
all prices are per session.**

## Basic Fitness Classes

Card - \$30 Members / \$60 Program Participants  
Your fitness card allows gives you access to all the classes listed below. Take as many classes as you want throughout the entire session.

Drop-In Fee (Per Class): \$3 Members / \$5 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.

### 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.

Cycle (45 Minutes)

<b>Monday</b>	<b>5:30 pm - 6:15 pm</b>
<b>Tuesday</b>	<b>8:30 am - 9:15 am</b>
<b>Thursday &amp; Friday</b>	<b>9:00 am - 9:45 am</b>

Cycle Express (30 Minutes)

<b>Monday &amp; Wednesday</b>	<b>6:00 am - 6:30 am</b>
<b>Tuesday</b>	<b>5:30 am - 6:00 am</b>
<b>Wednesday &amp; Thursday</b>	<b>4:45 pm - 5:15 pm</b>
<b>Saturday</b>	<b>8:45 am - 9:15 am</b>

### 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.

<b>Monday</b>	<b>5:30 pm - 6:30 pm</b>
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### Morning Mix

**(Certified Instructor: Barb Williams)**

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

<b>Tuesday &amp; Thursday</b>	<b>9:10 am - 9:55 am</b>
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### Cardio 30

**(Certified Instructor: Vicky Burns)**

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

<b>Monday &amp; Wednesday</b>	<b>9:30 am - 10:00 am</b>
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### 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.

<b>Tuesday &amp; Thursday</b>	<b>8:15 am - 8:45 am</b>
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### 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!

<b>Monday &amp; Wednesday</b>	<b>5:15 am - 6:00 am</b>
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### Max Fit

**(Certified Instructor: Rachael Holloway)**

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

<b>Friday</b>	<b>8:15 am - 8:45 am</b>
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### Express Lunch Crunch

**(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.

<b>Monday &amp; Wednesday</b>	<b>12:15 am - 12:45 am</b>
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### 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.

<b>Tuesday &amp; Thursday</b>	<b>5:00 pm - 5:30 pm</b>
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**New!**

### Cardio Blast

**(Instructor: Carly Carlton)**

Come blast off some calories with us! This class incorporates a variety of cardio moves and sets such as kickboxing and intense aerobic moves. Choreographed to fun and upbeat music ranging across the decades, you are sure to have a "blast" of a workout.

<b>Tuesday &amp; Thursday</b>	<b>4:00 pm - 4:30 pm</b>
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# GRAND RIVER AREA FAMILY YMCA

## Fitness Schedule

Spring: April 9 - May 19 (6 Weeks)

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 - 9:00						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			
4:00 - 4:30		Cardio Blast		Cardio Blast		
4:00 - 5:00	Speed, Strength, & Agility		Speed, Strength, & Agility			
4:45 - 5:15			Cycle Express	Cycle Express		
5:00 - 5:30		Fitness Basic		Fitness Basic		
5:30 - 6:15	Cycle					
5:30 - 6:30	Yoga Basics					

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