



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S MOVE



GRAND RIVER AREA FAMILY YMCA Fitness Schedule Summer II: July 2 - July 28 (4 Weeks)

Strength Train Together - Mossa Group Power

(Certified Instructors: Vicky Burns 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.

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

Card Fee: This summer, Strength Train Together will be included with your fitness card.

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

**Class times are subject to change.
Class size is limited on availability of
equipment. Cancelled classes will not be
made up. Unless otherwise stated,
all prices are per session.**

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

2018 Color Fest 5K

The Grand River Area Family YMCA presents the 2nd Annual Color Fest 5k Run/Walk! A part of the new Sliced Bread Celebration and Freedom Festival, this fun event promises to promote healthy living and comradery by bringing the community together with a whole lot of COLOR and FUN! Sign up now at the Welcome Center.

Date: July 7, 2018

Registration: Begins at 7:00 am

Race: Begins at 8:00 am

Starting Location: Grand River Area Family YMCA Parking Lot

Basic Fitness Classes

Card - \$20 Members / \$40 Program Participants
Your fitness card gives you access to all the classes listed below and Strength Train Together. 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)

Tuesday 8:30 am - 9:15 am
Thursday & Friday 9:00 am - 9:45 am

Cycle Express (30 Minutes)

Monday & Wednesday 6:00 am - 6:30 am
Tuesday & Thursday 5:30 am - 6:00 am

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.

Monday 5:30 pm - 6:30 pm

Morning Mix

(Certified Instructor: Barb Williams)

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

Tuesday & Thursday 9:10 am - 9:55 am

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.

Monday & Wednesday 9:30 am - 10:00 am

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.

Tuesday & Thursday 8:15 am - 8:45 am

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!

Monday & Wednesday 5:15 am - 6:00 am

Max Fit

(Certified Instructor: Rachael Holloway)

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

Friday 8:15 am - 8:45 am

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.

Monday & Wednesday 12:15 am - 12:45 am

Sand Volleyball Tournament

Set yourself up for a great time! Register your team for the YMCA's Sand Volleyball Tournament coming to Jerseys Sports Grill this July. Teams are guaranteed 3 games consisting of two sets to 21 (final set to 15, if needed). Registration ends July 20. Sign up today!

When: Saturday, July 21

Time: 4:00 pm

Where: Jerseys Sports Grill

Who: Coed Teams of 4

All players must be at least 15 years old. Each team must have at least one female player.

Cost: \$50 per Team

GRAND RIVER AREA FAMILY YMCA

Fitness Schedule

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 - 6:00	Beach Body PiYO		Beach Body PiYO		
5:30 - 6:00		Cycle Express		Cycle Express	
6:00-6:30	Cycle Express		Cycle Express		
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			
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		
5:30 - 6:30	Yoga Basics				

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