



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LET'S MOVE



## GRAND RIVER AREA FAMILY YMCA

### Fitness Schedule

Fall I: August 13 - September 14 (5 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 session, 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

## Save the Date - October 6, 2018

Please plan to join us for a night of impact and laughter at **Comedy Night with the Y: the Grand River Area Family YMCA's Annual Benefit Dinner & Auction**. You won't want to miss this great evening complete with a catered dinner, dessert, live music, a professional comedian, and both silent and live auctions. All proceeds from the event support the YMCA's Partners with Youth campaign, helping us to build strong kids, strong families, and a strong community.

# Basic Fitness Classes

Card - \$25 Members / \$50 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 on 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 &amp; Thursday</b>	<b>5:30 am - 6:00 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>
---------------	--------------------------

## 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>
-------------------------------	--------------------------

## 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>
-------------------------------	---------------------------

## Beachbody 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>
-------------------------------	--------------------------

## Beachbody 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>
-------------------------------	--------------------------

## 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>
---------------	--------------------------

## 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 pm - 12:45 pm</b>
-------------------------------	----------------------------

## Beachbody Insanity®

**(Certified Instructor: Angela Pope)**

Get ready to dig deeper in the hottest cardio-conditioning workout around. Insanity is a total body workout using only your body weight for resistance. It is a max interval training you will perform at your own pace with a certified instructor pushing you past your limit whether you are just starting in your fitness journey or have been on your journey for years. This Beachbody Live class consists of modifications for all fitness levels.

<b>Monday &amp; Wednesday</b>	<b>4:45 pm - 5:15 pm</b>
-------------------------------	--------------------------

**Round 3 of our 2018 Weight Loss Challenge begins August 13!**

# GRAND RIVER AREA FAMILY YMCA

## Fitness Schedule

Fall I: August 13 - September 14 (5 Weeks)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 - 6:00	Beachbody PiYO		Beach Body PiYO		
5:30 - 6:00		Cycle Express		Cycle Express	
6:00-6:30	Cycle Express		Cycle Express		
8:15 - 8:45		Beachbody 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		
4:45 - 5:15	Insanity		Insanity		
5:30 - 6:15	Cycle		Cycle		
5:30 - 6:30	Yoga Basics				

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