



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S MOVE



GRAND RIVER AREA FAMILY YMCA

Fitness Schedule beginning April 1

Free Fitness Classes

SilverSneakers I - Muscular Strength & Range of Motion

(Certified Instructors: Pam Gabel and Charity Trotter)

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 & Friday 10:15 am - 11:00 am

Fee: Free for Members / Silver Fitness Card

Chair Yoga

(Certified Instructor: Jackie Ford)

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

Tuesday & Thursday 10:15 am - 11:00 am

Fee: Free for Members / Silver Fitness Card

Fitness Punch Card

Fitness Cards are good for **any** 24 land-based group fitness classes (30-60 minutes each) and expire 6 months from the date of purchase.

Fitness Cards: \$40 for Members /
\$80 for Program Participants
**Save \$10 when you purchase 2 cards
at once!**

Silver Fitness Cards are good only for
SilverSneakers and Chair Yoga.

Silver Fitness Cards: Free for Members /
\$25 for Program Participants

Drop In (Per Class): \$6 for Members /
\$10 for Program Participants.

**Class times are subject to change. Class size is limited on availability
of equipment. Cancelled classes will not be made up.**

Basic Fitness Classes

Mossa Group Power®

(Certified Instructor: Charity Trotter)

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

Refit®

(Certified Instructor: Sheila Mefford)

REFIT® is a workout you can feel good about! With powerful moves and positive music, you'll discover an inspiring workout that changes your body, mind and soul. This cardio-focused class is effective and FUN -- perfect for beginners and challenging for fitness enthusiasts (which means it's a workout designed for everyBODY!)

Tuesday & Thursday 5:30 pm - 6:15 pm

Yoga

(Certified Instructor: Jackie Ford)

A slow paced class that focuses on flexibility, balance, and strength, helping you to breathe, relax, and become more in tune with your body.

Wednesday 5:15 pm - 5:45 pm

Cycle & Express Cycle

(Certified Instructors: Meghanne Albrecht and Allison Pickering)

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.

Express Cycle (30 Minutes)

Monday & Wednesday 5:15 am - 5:45 am

Cycle (45 Minutes)

Tuesday & Thursday 8:30 am - 9:15 am

Pilates

(Certified Instructors: Charity Trotter and Jackie Ford)

Longer, leaner, stronger! Pilates is a conditioning program that strengthens and tones while improving muscle control, flexibility, and coordination. Based on proper breathing and good posture, the exercises are performed on a mat. Pilates is perfect for all fitness levels.

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

ZenPilates Fusion

(Certified Instructor: Jackie Ford)

A zenful class mixing the flexibility and breath training of classic yoga w/ the aerobic and toning exercises of Pilates.

Wednesday 6:30 pm - 7 pm

To receive fitness related text alerts, please text @gryfitness to 81010.

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Fitness Schedule - beginning April 1

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 am	Express Cycle Meghanne 30 Minutes		Express Cycle Meghanne 30 Minutes		
8:15 am	Group Power Charity 60 Minutes		Group Power Charity 60 Minutes		
8:30 am		Cycle Allison 45 Minutes		Cycle Allison 45 Minutes	
9:30 am	Pilates Charity 30 Minutes		Pilates Charity 30 Minutes		Pilates Charity 30 Minutes
10:15 am	SilverSneakers Pam 45 Minutes	Chair Yoga Jackie 45 Minutes	SilverSneakers Pam 45 Minutes	Chair Yoga Jackie 45 Minutes	SilverSneakers Pam 45 Minutes
5:15 pm			Yoga Jackie Ford 30 Minutes		
5:30 pm		Refit® Sheila 45 Minutes		Refit® Sheila 45 Minutes	
6:30		ZenPilates Fusion Jackie Ford 30 Minutes		ZenPilates Fusion Jackie Ford 30 Minutes	