



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S MOVE



GRAND RIVER AREA FAMILY YMCA Fitness Schedule beginning February 20, 2024

Free Fitness Classes

SilverSneakers I - Muscular Strength & Range of Motion

(Certified Instructors: Pam Gabel)

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

(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® - Canceled till further notice due to injury!

(Certified Instructors: 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

Lunch Crunch

(Certified Instructors: Charity Trotter)

Join Charity for a quick, 30 minute workout. Training with machines, free-weights, and body-weight will give you an exciting range of strengthening, balance, and core exercises while improving your cardiovascular health. Workout on Weights creates a unique functional training space allowing participants to focus on their individual abilities while training in a small group and having fun in a motivating atmosphere.

Tuesday & Thursday 12:15 pm - 12:45 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

(Instructor: Charity Trotter)

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

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

GRAND RIVER AREA FAMILY YMCA

Fitness Schedule - beginning February 20, 2024

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
12:15 pm		Lunch Crunch Charity 30 Minutes		Lunch Crunch Charity 30 Minutes	
5:30 pm		Refit® Canceled till further notice due to injury!		Refit® Canceled till further notice due to injury!	