



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S MOVE



GRAND RIVER AREA FAMILY YMCA

Fitness Schedule

Fall III: November 11 - December 21 (6 Weeks)

Free Fitness Classes

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: Barb Williams and Vicky Burns)

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**

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.

Basic Fitness Classes

Option 1 - Session Card

\$30 Members / \$60 Program Participants

Your session card gives you access to all our Basic Fitness Classes. Take as many classes as you want throughout the entire session.

Option 2 - Punch Pass

\$36 Members / \$72 Program Participants

Your punch pass allows you to attend any 24 Basic Fitness Classes without the limitations of the scheduled sessions. Cards will expire after 6 months.

Option 3 - Drop-In Fee (Per Class):

\$7 Members / \$10 Program Participants

Basic Fitness Classes

Zumba - New!

(Certified Instructor: Ashley Ishmael)

Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba fitness classes are often called an exercise in disguise- Super effective? Check. Super fun? Check and check!

Tuesday & Thursday 4:45 pm - 5:30 pm

Strength Train Together - Mossa Group Power®

(Certified Instructors: Vicky Burns, Amanda Williams, and 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
Tuesday & Thursday 5:15 am - 6:15 am

Cycling & Express Cycling

(Certified Instructors: Vicky Burns, Meghanne Albrecht, Allison Pickering, Kim Walter, and Angela Pope; Instructor: Heather Clevenger)

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)

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
5:15 pm - 5:45 pm
Tuesday & Thursday 5:30 am - 6:00 am

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!

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

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.

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

Pilates

(Instructor: Charity Trotter)

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

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

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

Strength & Tone

(Instructor: Kim Walter)

This full body toning class is designed to help strengthen, lengthen, and tone your muscles all while using body weight, resistance bands, and light weights exercises.

Friday 8:15 am - 8:45 am

Workout on Weights

(Certified Instructor: Vicky Burns)

Think of Workout on Weights like small group Personal Training. We'll meet in the Fitness Center, alternating between the weight machines and free weight to ensure you have a well rounded week of total-body strength training.

Monday & Wednesday 11:15 am - 11:45 am

PoundFit - New!

(Certified Instructor: Darla Shipley & Meghanne Albrecht)

Sculpt & Rock with Pound! It's the world's first cardio jam session inspired by the infectious, energizing, and fun of playing the drums.

Tuesday & Thursday 5:30 pm - 6:00 pm
6:30 pm - 7:15 pm

You Yoga - New!

(Certified Instructor: Cori Gabel) Level 1 Vinyasa will introduce yoga postures and basic flow while challenging you both mentally and physically. You will both explore your edge and enjoy a relaxed and renewed experience.

Monday & Wednesday 5:45 pm - 6:30 pm

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:15 - 6:00 am	Beachbody PiYO		Beach Body PiYO		
5:15 - 6:15 am		Strength Train Together		Strength Train Together	
5:30 - 6:00		Cycle Express		Cycle Express	
6:00-6:30	Cycle Express		Cycle Express		
8:15 - 8:45		Beachbody Insanity		Beach Body Insanity	Strength & Tone
8:15 - 9:15	Strength Train Together		Strength Train Together		
8:30 - 9:15		Cycle			
9:00 - 9:45				Cycle	Cycle
9:10 - 9:55		Morning Mix		Morning Mix	
9:30 - 10:00	Pilates		Pilates		
10:10 - 11:10		Chair Yoga		Chair Yoga	
10:15 - 11:00	Silver Sneakers		Silver Sneakers		Silver Sneakers
11:15 - 11:45	Workout on Weights		Workout on Weights		
4:45 - 5:30		Zumba		Zumba	
5:15 - 5:45	Cycle		Cycle		
5:30 - 6:00		Pound		Pound	
5:45 - 6:30	You Yoga		You Yoga		
6:30 - 7:15		Pound		Pound	

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