



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN, FITNESS & FELLOWSHIP

HEALTHY LIVING HUBS:

We hope to see you there!

The Y's Community Group Fitness Classes offer **FREE** classes led by Y-Certified Instructors that are open to **ALL** fitness levels!

ON-SITE REGISTRATION REQUIRED. MOST CLASSES LAST ONE HOUR.

FALL SESSION: Sept 15th-Dec 12th

CLASS	DAY	TIME	LOCATION
ZUMBA takes the "work" out of workout by mixing low-intensity and high-intensity moves for a calorie-burning dance party.	Tuesday	11:30 am	Second Congregational Church
	Tuesday	6:00 pm	Zeal Aerial Fitness (This class will start on 10/7/25)
SoulfulMOTION is a HIIT Fitness class that combines praise worship and hardcore FITNESS! SoulfulMOTION combines kickboxing, dancing <i>aerobics</i> and toning moves that are choreographed to Gospel, Christian and inspirational music, for an hour of dynamic fitness!	Monday	5:30 pm	Alger Park Church
	Tuesday	6:00 pm	First CRC
	Wednesday	6:15 pm	Godfrey Lee Elementary
	Sunday	3:00 pm	Zeal Aerial Fitness (This class starts 9/28/25)
Fitness for life is a program of light cardio, stretching and strengthening designed for anyone desiring a lower intensity workout. This class may help to improve joint mobility, strength, balance and coordination. Activities include walking, low-impact movement, range of motion exercises, light strength training, balance training, breath work and core strengthening.	Tuesday	12:00 pm	Genesis Suites- Black Impact Collaborative
	Thursday	1:30 pm	Genesis Suites-Black Impact Collaborative
Tai Chi is a flowing series of movements practiced by the Chinese for centuries. It helps to improve concentration, strengthens	Thursday	1:00 pm	Zeal Aerial Fitness (This class will start on 10/2/25)

**SCAN
HERE
TO LEARN
MORE!**



*Schedule subject to change.

Brought to you by:
YMCA OF GREATER GRAND RAPIDS
5500 Burton St. SE, Grand Rapids, MI 49546
616.285.9077 • grymca.org/community-group-fitness

THIS PROGRAM IS FREE & EVERYONE IS WELCOME!



Hub Sites Address

Alger Park Church
2655 Eastern Ave SE

Second Congregational Church
525 Cheshire Dr. NE

First CRC
651 Martin Luther King Jr. St SE

Genesis Suites- Black Impact Collaborative
1333 Alger St. SE

Godfrey Lee Elementary-ECC Building
961 Joosten St SW

Zeal Aerial Fitness
133 Caledonia St NE

