



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALTERNATIVE FITNESS CLASSES

Reinvesting in you.

We've created an additional array of fitness classes to keep your cardio workouts on track while we're renovating the Cardio Theater and Mind/Body Studio.

NOV 12 - 17

MONDAY	TUESDAY	WEDENSDAY	THURS	FRIDAY	SATURDAY
5K Group Run with Lindsay 5:00 PM	30-min Indoor Cycling with Erica 12:15 PM	30-min AMRAP with Kelly 10:15 AM	Rosy Mound Workout with Kathleen 10:30 AM Buti Yoga Demo with Lindsay 6:30 PM	Pool Workout with Renee, 10:30 AM	CrossFit Try It Class 8:30 AM

NOV 19 - 24

MONDAY	TUESDAY	WEDENSDAY	THURS	FRIDAY	SATURDAY
Yoga for Runners and Cyclists 12:15 PM	Rosy Mound Workout with Kathleen 8:00 AM	30-min AMRAP with Kim W. 10:15 AM	Happy Thanksgiving!	Watch for an action-packed Black Friday schedule!	Nia Dance Demo with Joanna 10:30 AM
5K Group Run with Kelly 5:30 PM	Pool Workout with Renee 10:30 AM	5K Group Run with Kelly 5:30 PM			

NOV 26 - 30

MONDAY	TUESDAY	WEDENSDAY	THURS	FRIDAY
Rosy Mound Workout with Kathleen 8:00 AM Pool Workout with Renee 10:30 AM	5K Group Run with David 12:15 PM	Buti Yoga Demo with Lindsay 10:30 AM	Nia Dance Demo with Joanna 6:30 PM	30-min Indoor Cycling with Erica 12:15 PM

Project Reinvest Fitness Classes

Join our certified instructors for one or all of these trial classes!

5k Group Run: YMCA staff will meet you at the front doors for a run through Grand Haven. All paces are welcome! You are not expected to stick together, rather we provide a designated course and accountability! We will be there to get you started and be there to see you finish-unless of course you beat your leader!

AMRAP: AMRAP is an acronym for as many reps as possible! This 30 minute workout will be short but intense. It may include rowing, running, and biking on a AirDyne bike along with anything else to keep your heart rate up! Meet in the CrossFit area of the Weight Room.

Buti Yoga®: Buti Yoga® includes dynamic asana, deep abdominal toning, and cardio intensive dance. This is a high intensity, low impact class with more dance than yoga base. While the intensity is typically high, it is easily modifiable to be less intense! Class will meet in the Multipurpose Room.

CrossFit Try It Class: Check out CrossFit Flight @ the YMCA. Our successful CrossFit program is infinitely scalable to any fitness level or limitation. Come see why members of all ages join and stick with this style of small group training. Meet the coaches in the CrossFit area of the Weight Room.

Indoor Cycling: Low impact, challenging, and entertaining! You are in charge of your own bike, so you can easily modify the intensity! Check out a small group class held in the ACE Place.

Nia® Cardio Dance: Welcome Joanna Richison as a guest instructor! Joanna is excited to share Nia® with YMCA members! Nia® is a fusion fitness workout using grounded, barefoot cardiovascular movements to strengthen the heart and the whole body safely without stress to the bones and joints. Easy to personalize, Nia® can be adapted to fit individual needs and abilities. Class will meet in the Multipurpose Room.

Pool Workout: Remove the impact, but enhance cardiovascular endurance in the pool! Scalable workouts will be provided for lap swimming and a coach will be available to explain and modify the workouts as well as challenge you! This is ideal for those who know they need to be in the pool but fail to make it as well as those who regularly swim but need a change or challenge!

Rosy Mound Workout: Take your workout outside of our walls and reap the benefits of fresh air fitness! This will not be a leisurely walk-it is intended to be an intense run/walk with stair climbing! Meet at the trail head at Rosy Mound Natural Area.