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OUR FREE  
MOBILE APP



### OUR YMCA

There's an App for that!

**DOWNLOAD OUR FREE MOBILE APP:** Get YMCA info when you want it, where you want it...on the go! **FEATURES:**

- > Check-in barcode
- > Programs & Events Updates
- > Get Push Notifications
- > Search for Exercise Classes

Go to your **APP STORE** and Search for **Grand River Area Family**

### Fitness Equipment Orientation:

Instruction of equipment, strength training benefits and etiquette are offered. Guidelines on how to create your own program will be given, as well as how to properly use the equipment. Please inquire

If a class isn't for you but you still want a good workout, register for a **Life-style Assessment**. It will evaluate your cardio respiratory fitness, body composition, flexibility, muscular strength and endurance. The test involves a step test, sit-and-reach test, half sit-up test, bench press, and skin fold measures to calculate percentage of body fat. A program will be set up for you as a re-

**FOR HEALTHY LIVING**



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## NORTH CENTRAL MISSOURI

**HEALTH,  
WELL-BEING  
& FITNESS**



### GROUP EXERCISE SCHEDULE

**2016 FALL I**



By improving the nations health and well being

FOR



By improving the nations health and well being

FOR

Sign up for any class for full price and receive the second class for 1/2 price. This applies to BodyPump, Cycle and Fitness passes.



TRY SOMETHING NEW FOR FALL! CYCLE

Come spin with us! Burn 400-600 calories in just 45 minutes while improving your cardiovascular fitness, boosting your mood, and causing minimal impact to your joints. No coordination required. Fee for Cycle is : (5 weeks)-\$25 members/\$50 for program participants.

Class times: Monday & Wednesdays-5:00-6:00 am or 6:45-7:30 pm
Tuesday & Thursdays-5:00-6:00 am or 4:30-5:15 pm



The original weight class that builds strength, tones your body and leaves you feeling healthy and fit. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like Squats, Presses, Lifts and Curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for and fast!

Class times: Monday & Wednesdays-5:30 -6:30 pm /Tuesday & Thursdays 5:00 -6:00 am

Class Fee: (5 weeks)-\$25 members/50 program participants.

Fitness Passes: \$25 for members

Drop In Fees: \$3 for 1 class/ \$5 for 2 classes for mem-

CLASS DESCRIPTIONS

Muscular Strength and Range of Movement SilverSneakers:®

Move through a variety of exercises to increase muscular strength and range of movement. Hand held weights, elastic tubing with handles, and a ball are

Chair Yoga

All the benefits of Yoga with the support of a chair. It's a wonderful way for anyone to practice yoga. Increase mobility, loosens and limbers stiff joints, stimulates circulation, aligns and improves posture, and develops

Zumba

The Latin dance craze that is sweeping the nation. This class combines energy and motivating music with unique moves and easy to follow combinations. It's the music that makes this workout feel like a party

Barre Express

Develop a dancer's athletic and graceful physique with this 30 minute workout that combines Ballet Barre with

Workout on Weights

A total-body workout developing strength and endurance, stamina, and range of motion. This class is held

Max Fit

This is a 45 minute high intensity interval training workout. 9 stations of 3 minutes each with a 30 second burst between! Kickbox, athletic and step. Finishing

Fitness passes will be purchased each session. The passes will cost \$25 for members and \$50 for program participants. This is an unlimited pass good for all classes (excluding BodyPump and Cycle).

You can take as many classes as you like in the session and at the end of the session the pass will

2016 Fall I Group Fitness Schedule -August 15-September 16

Table with 4 columns: MONDAY, TUESDAY, WEDNESDAY, THURSDAY. Rows list class times, class names, and instructors.