the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN, FITNESS & FELLOWSHIP

HEALTHY LIVING HUBS:

Zumba with Elsie

We hope to see you there!

We take 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 exercise in disguise. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

WHERE: **SECOND CONGREGATIONAL CHURCH**
525 Cheshire Dr. NE Grand Rapids, MI 49505

WHEN: **Tuesdays starting September 16th-December 9th**

TIME: **11:30 AM-12:30 PM**

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!