



# STRONGER STARTS **HERE**

## FITNESS FEST SCHEDULE | Bremerton Family YMCA

### WORKSHOPS, POP-UPS, CLINICS, AND EVENTS:

#### Monday, May 11

##### **Mobility with PT Mikey | 10-11:30am**

Geared for seniors, this clinic shows you exercises to expand your mobility.

Location: Weight Room

#### Tuesday, May 12

##### **Female Core Strength with Yulia | 5-6pm**

Core strength is essential. Learn healthy core engagement for females to strengthen the pelvic floor and abdominals safely and effectively.

Location: Room 2

#### Thursday, May 14

##### **Coach Dodgeball Challenge | 6-8pm**

A high-energy dodgeball game led by coaches. All are welcome to jump in, have fun, and play your way.

Location: Gym Floor

#### Friday, May 15

##### **Meet Your Coaches | 9-11am**

Meet Kickstart coaches and learn how they can help you meet your personal health and fitness goals.

Location: Lobby

##### **Dead Lift Clinic with PT Mikey | 4-5:30pm**

Learn proper form for deadlifting with pro tips and spotting to get you in the best shape safely.

Location: Weight Room

#### Saturday, May 16

##### **Partner Yoga | 12-1:30pm**

A shared practice where two people support each other through stretches and poses, building strength, balance, and connection.

Location: Room 1

#### Sunday, May 17

##### **Meet Your Coaches | 9-11am**

A chance to connect with health coaches who help you set goals, build healthy habits, and stay on track with support and guidance.

Location: Room 1



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### CURRENT CLASSES WITH A FITNESS FEST FLAIR:

#### Tuesday, May 12

##### **Silver and Fit Combo: Back to the 80's | 10-11am**

This combo class is also a throwback featuring 80's music.

Location: Room 1

#### Wednesday, May 13

##### **Commit to the Dance | 4:30-7pm**

Join Kristin and Isaak and dance the night away with friends.

Location: Room 1

##### **Tabata Barre | 5-6pm**

Get those heart rates up with a special Tabata Barre class geared for cardiovascular health.

Location: Room 2

#### Thursday, May 14

##### **Back to Jane Step Class | 5-5:45pm**

This classic step class honors the queen of step - Jane Fonda.

Location: Room 2

#### Friday, May 15

##### **Golden Girls Zumba | 8:45-9:15am**

Come enjoy a special Gold Girls Zumba class!

Location: Gym

##### **Cycle and Sculpt Spin Out | 4:30-5:30pm**

Cycle and sculpt with a special playlist of traveling music to keep you moving and having fun.

Location: Room 1

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