



STRONGER STARTS **HERE**

FITNESS FEST SCHEDULE | Gordon Family YMCA

WORKSHOPS, POP-UPS, CLINICS, AND EVENTS:

Monday, May 11

Injury Prevention and Recovery | 9:30-10:15am

Move smarter, stay active, and recover effectively. Feel better in your body. This workshop will provide practical tools to reduce your risk of injury and support long-term health.

Location: Community Room

Tuesday, May 12

Strength Training Structure | 9-10am

This workshop breaks down the key components of strength training program design so participants can confidently structure workouts that improve strength, prevent plateaus, and support long-term progress.

Location: Community Room

80's Muscle Up | 10:30-11:30am

Come push yourself in a fun group environment! This 80's-themed class will use various equipment and movements to provide a fun, total-body workout!

Location: MP2

Wednesday, May 13

Chair Yoga Mindfulness | 10:45-11:45am

Join Kim for 1 hour of chair yoga followed by 15 minutes of mindfulness meditation exercise focusing on a full body scan and deep breathing. This practice has been shown to reduce stress, promote relaxation, and increase calm focus.

Location: SMB

Kettlebell Swing: Everything You Need to Know | 10:45-11:45am

This focused, hands-on session is designed to teach the fundamentals, technique, and power behind one of the most effective full-body movements. Whether you are new to kettlebells or looking to refine their skills, this workshop breaks down the swing into clear, approachable steps.

Location: Rack City

CONTACT: Rich Hanson | 253-534-4753 | rhanson@ymcapkc.org



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Thursday, May 14

5K with Muscles | 9am and 6pm

Have fun running our 5K and challenge yourself at the fitness stations set up along the way!

Location: Plaza

Understanding Fascia | 9-9:45am

Come join Stacy for a fun, inclusive, and challenging '90s-themed total body workout! This class is for you! You belong here!

Location: Community Room

90's Muscle Up | 10:30-11:30am

An experiential session designed to help you understand the body's connective tissue system—fascia—and how it influences movement, posture, pain, and overall well-being.

Location: Community Room

Friday, May 15

Hip Hop Glow Cycle | 6:30-7:15pm

Join us for a fun hip-hop-themed Glow Cycle class! Steve is back and bringing it! Anyone who would like to receive instruction on the bike before class starts may come at 6:15pm, and Steve will answer your questions. You don't want to miss it!

Location: MP1

Monday (May 11), Wednesday (May 13), Friday (May 15)

Vertical Leap | 8-11am and 4-7pm

Come test your vertical leap! The vertical leap, a test of explosive power and acceleration, is a benchmark for basketball, volleyball, football, track and field, and soccer.

Location: Plaza

Monday (May 11), Wednesday (May 13), Friday (May 15)

Farmer's Walk | 8-11am and 4-7pm

Widely used in strongman competitions as well as rehabilitative programs, the Farmer's Walk is instrumental in developing grip, core, and total body strength while enhancing posture, balance, and overall functionality. Come try our Farmer's Walk Course!

Location: Plaza

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