



STRONGER STARTS **HERE**

FITNESS FEST SCHEDULE | Haselwood Family YMCA

WORKSHOPS, POP-UPS, CLINICS, AND EVENTS:

Monday, May 11

PR Day | 5-7pm

Personal records will be shattered. Join the weight room party and test your limits!

Location: Weight Room

Wednesday, May 13

Foam Rolling Seminar | 10:15-11am

Maximize your recovery process by learning how to utilize a foam roller. This workshop will review best practices for releasing tight or sore muscles.

Location: MPRI

Thursday, May 14

Contraindicated Movements | 5:30-6:30pm

Learn more about exercises to avoid while also reviewing modifications that can positively impact your training sessions.

Location: Gym Floor

Saturday, May 16

Dance-A-Thon | 9:30-11:30am

Dance the morning away with your favorite Zumba instructors!

Location: Main Gym

Pickleball Tournament | 12-3pm

Compete against the best of Haselwood! Round-robin play will determine who advances to the championship!

Location: Main Gym

Sunday, May 17

Restorative Yoga Workshop | 1-3pm

We will discuss and practice restful poses with a variety of props to promote relaxation and mindfulness, helping to calm the nervous system and support recovery from physical and emotional stress.

Location: SMB Room

CONTACT: Sam Horn | 360-307-4014 | shorn@ymcapkc.org



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CURRENT CLASSES WITH A FITNESS FEST FLAIR:

Monday, May 11

Muscle Up | 11:30am-12:30pm

Bring a friend and survive an hour-long sweatfest! We'll be running relays and testing our endurance.

Location: Main Gym

Saturday, May 16

Spin | 9-10am

Are you ready for an hour of fun on the bike? Join our cycle class and ride to the finish!

Location: MPR2

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