



STRONGER STARTS **HERE**

FITNESS FEST SCHEDULE | Pearl Street Family YMCA

WORKSHOPS, POP-UPS, CLINICS, AND EVENTS:

Tuesday, May 12

Sound Bath | 1:30-2:30pm

Relax and renew with a sound bath that will melt your stress away.

Location: Dance Room

Wednesday, May 13

Dance Party | 5-6:30pm

Let's dance and sweat together at this special dance party.

Location: MP2

Thursday, May 14

TRX Workshop | 3-4pm

Come learn the "ins and outs" of TRX in this fun and informative workshop.

Location: Gym Floor

Saturday, May 16

PR Day | 11:30-1pm

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

Location: West Building

Sunday, May 17

Run, Row, Bike | 9-11am

Join us for a land-based triathlon. Registration required!

Location: East Building | Cardio Room

CONTACT: John Cantalini | 253-460-8847 | jcantalini@ymcapkc.org



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CURRENT CLASSES WITH A FITNESS FEST FLAIR:

Tuesday, May 12

Cycle Studio | 9:30-10:30am

Join us for an extended and themed cycle class.

Location: Cycle Studio

Wednesday, May 13

Abba AOA | 10:30-11:30am

Your favorite AOA class but ABA themed.

Location: Gym

Thursday, May 14

Xtreme Hip Hop Step Extended | 6:15-7:15pm

Step into a new area of Xtreme hip hop step in this fun evening class.

Location: MP1

Saturday, May 16

Community Bootcamp | 8:30-9:30am

Bring the power in this boot camp class open to the community.

Location: Gym

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