



STRONGER STARTS **HERE**

FITNESS FEST SCHEDULE | Tacoma Center YMCA

WORKSHOPS, POP-UPS, CLINICS, AND EVENTS:

Monday, May 11

Slow-Fi: Roll + Restore | 9:15-10:15am

Slow-Fi: Roll + Restore is a downshift: Gentle movement to warm the body and soften the pace, followed by guided self-massage with Wellround ® myofascial release tools. More spaciousness. More ease. More presence. - LEAD BY AGI

Location: Functional Fitness Space

Waves | Core | 9:30-10:15am

Core-focused pool workout on a floating board, using water and balance to fire up your abs with every move.

Location: Pool

Tuesday, May 12

Squat Clinic | 10-11am

This squat clinic is a form-focused training session where members dial in their squat technique, fix common mistakes, and build stronger, safer movement patterns.

Location: Rack City

Gym Trivia | 5-6pm

Gym trivia is a fun social event at the gym where members come together to test their knowledge through e-trivia questions, build community, and enjoy a relaxed, engaging experience outside of their workouts.

Pete will run this

Location: Lobby

Wednesday, May 13

Waves | Core | 9:30-10:15am

Core-focused pool workout on a floating board, using water and balance to fire up your abs with every move.

Location: Pool

Slow-Fi: Roll+Restore | 10:45-11:45am

Slow-Fi: Roll + Restore is a downshift: Gentle movement to warm the body and soften the pace, followed by guided self-massage with Wellround ® myofascial release tools. More spaciousness. More ease. More presence. - LEAD BY AGI

Location: Functional Fitness Space



STRONGER STARTS **HERE**

FITNESS FEST SCHEDULE | Tacoma Center YMCA

PR Day | 6-7:30pm

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

Location: Weight Room

CURRENT CLASSES WITH A FITNESS FEST FLAIR:

Tuesday, May 12

Pilates Palooza | 8:30-9:15am

Pilates Palooza celebrates the joy of this effective alignment-based workout. Plus, we will do a Pilates socks giveaway!

Location: MP1

Wednesday, May 13

COMMIT Glow in the Dark | 6:45-8pm

Commit Dance with the lights turned off. Glow sticks will be provided, and people will be encouraged to wear neon. 1HR 15MIN CLASS

Location: MP1

Thursday, May 14

90's Muscle Up Class | 9:30-10:15am

This class is a strength training class set to 90s music, combining controlled lifts with muscle-building progressions to help you get stronger, move better, and feel good while you train.

Location: MP1

CONTACT: Becca Pace | 253-460-8877 | bpace@ymcapkc.org