



# STRONGER STARTS **HERE**

## FITNESS FEST SCHEDULE | University Student Center YMCA

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

#### Monday, May 11

##### **Understanding Pesticides: Simple Steps for Healthier Eating | 11am-12pm**

This session explores how pesticides in fruits and vegetables can affect overall health and performance while teaching simple, practical ways to reduce exposure. Participants will learn how to shop smarter and prepare produce safely without stress, fear, or added cost.

Location: Dance Room

#### Tuesday, May 12

##### **Platform Ready: Dominate Your First Powerlift Meet | 4-5pm**

Thinking about competing? In this high-energy workshop, we'll break down exactly how a USA Powerlifting meet works—from weight classes and attempts to commands, judging, and what gets you red-lighted. You'll learn meet-day flow, smart strategies, and how to step on the platform with confidence so you know exactly what you're walking into—and how to own it.

Location: First Floor Weight Room

##### **Cable Machine Basics | 9:30-10am**

In this 30-minute workshop, you'll learn how to confidently use the cable machine to support a full-body workout. We'll cover proper setup, key movements, and simple adjustments that improve safety, control, and effectiveness. Whether you're brand new or looking for a refresher, you'll leave with practical exercises you can plug into your routine right away.

Location: Second Floor Weight Room

#### Wednesday, May 13

##### **Laughter Yoga | 9-10am**

Laughter Yoga is a unique exercise where we will laugh without relying on jokes, comedy, or humor. It works with the fact that your brain and body cannot tell the difference between real or fake laughter. We won't be doing any yoga postures in this class but rather will do playful exercises. The yoga element of this practice is all the deep breathing that we will be doing. The session will end with a guided meditation.

Location: Studio 2

**CONTACT: Cassidy Inamasu | 253-534-4729 | [cinamasu@ymcapkc.org](mailto:cinamasu@ymcapkc.org)**



# STRONGER STARTS **HERE**

## FITNESS FEST SCHEDULE | University Student Center YMCA

### **Core and Connect: Y360 Experience | 11-11:45am**

In this engaging session, you'll jump into a 30-minute Y360 Core Express workout designed to build strength, stability, and confidence in your core. After the workout, we'll introduce you to the YMCA's virtual platform, Y360, showing you how to access workouts, explore programs, and stay consistent wherever you are. You'll leave energized and equipped with simple ways to continue your fitness journey both in the center and at home.

Location: Studio 2

### **Thursday, May 14**

#### **Platform Ready: Dominate Your First Powerlifting Meet | 4-5pm**

Thinking about competing? In this high-energy workshop, we'll break down exactly how a USA Powerlifting meet works, from weight classes and attempts to commands, judging, and what gets you red-lighted. You'll learn meet-day flow, smart strategies, and how to step onto the platform with confidence so you know exactly what you're walking into and how to own it.

Location: First Floor Weight Room

### **Saturday, May 16**

#### **Squat Smarter: Mastering Variations, Hack Squats, and Belt Squats | 6:15-7:15pm**

In this hands-on workshop, you'll learn how to refine your squat technique while exploring effective variations, including hack squats and belt squats, to build strength safely and efficiently. We'll break down form, common mistakes, and how to choose the right variation based on your goals, experience level, and mobility. Whether you're new to lifting or looking to level up your training, you'll leave with practical tools you can immediately apply in your workouts.

Location: First Floor Weight Room

### **Sunday, May 17**

#### **Training for a Triathlon | 12:30-1:30pm**

This intro training will break down the basics of triathlon training with an emphasis on training regimes, nutrition, pacing, and the pitfalls of overtraining. Whether you are looking for a new challenge or simply curious about the world of triathlons, this may be a beneficial session for you!

Location: First Floor Weight Room

**CONTACT: Cassidy Inamasu | 253-534-4729 | [cinamasu@ymcapkc.org](mailto:cinamasu@ymcapkc.org)**