



STRONGER STARTS **HERE**

FITNESS FEST SCHEDULE | Bremerton Family YMCA

WORKSHOPS, POP-UPS, CLINICS, AND EVENTS:

Monday, May 11

Mobility with PT Mikey | 10-11:30am

Geared for seniors, this clinic shows you exercises to expand your mobility.

Location: Weight Room

Tuesday, May 12

Female Core Strength with Yulia | 5-6pm

Core strength is essential. Learn healthy core engagement for females to strengthen the pelvic floor and abdominals safely and effectively.

Location: Room 2

Thursday, May 14

Coach Dodgeball Challenge | 6-8pm

A high-energy dodgeball game led by coaches. All are welcome to jump in, have fun, and play your way.

Location: Gym Floor

Friday, May 15

Meet Your Coaches | 9-11am

Meet Kickstart coaches and learn how they can help you meet your personal health and fitness goals.

Location: Lobby

Dead Lift Clinic with PT Mikey | 4-5:30pm

Learn proper form for deadlifting with pro tips and spotting to get you in the best shape safely.

Location: Weight Room

Sunday, May 17

Meet Your Coaches | 9-11am

A chance to connect with health coaches who help you set goals, build healthy habits, and stay on track with support and guidance.

Location: Room 1

CONTACT: Meilsa Davidson | 360-307-4057 | mdavidson@ymcapkc.org



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CURRENT CLASSES WITH A FITNESS FEST FLAIR:

Tuesday, May 12

Silver and Fit Combo: Back to the 80's | 10-11am

This combo class is also a throwback featuring 80's music.

Location: Room 1

Wednesday, May 13

Commit to the Dance | 4:30-7pm

Join Kristin and Isaak and dance the night away with friends.

Location: Room 1

Tabata Barre | 5-6pm

Get those heart rates up with a special Tabata Barre class geared for cardiovascular health.

Location: Room 2

Thursday, May 14

Back to Jane Step Class | 5-5:45pm

This classic step class honors the queen of step - Jane Fonda.

Location: Room 2

Friday, May 15

Golden Girls Zumba | 8:45-9:15am

Come enjoy a special Gold Girls Zumba class!

Location: Gym

Cycle and Sculpt Spin Out | 4:30-5:30pm

Cycle and sculpt with a special playlist of traveling music to keep you moving and having fun.

Location: Room 1

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