



# 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

#### **Friday, May 15**

##### **Glow-in-the-Dark Zumba Party | 5:45-7:15pm**

Dance the morning away with your favorite Zumba instructors!

Location: MPRI

#### **Saturday, May 16**

##### **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](mailto:shorn@ymcapkc.org)**



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## FITNESS FEST SCHEDULE | Haselwood Family YMCA

### **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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