



STRONGER STARTS **HERE**

FITNESS FEST SCHEDULE | Lakewood Family YMCA

WORKSHOPS, POP-UPS, CLINICS, AND EVENTS:

Monday, May 11

Xtreme Hip Hop Step Basics | 5:30-6pm

Come learn the basic moves of Xtreme Hip Hop Step! This 30-minute session will break down the fundamentals and show you how the moves come together in a full class. Afterwards, stick around and join us for the full one-hour class to put it all into action.

Location: Room 4

Pop Up Step Class | 11:45am-12:45pm

Join Kelly for a fun and welcoming step aerobics class! The first part of class will break down a few basics of step, then we'll build into an energetic, full workout that will get your heart pumping.

Location: Room 4

Wednesday, May 13

Post Workout Recovery Workshop | 4-5pm

Join Ginger for a post-workout recovery workshop! You'll learn a variety of effective techniques and tips to help your body recover, reduce soreness, and keep you feeling your best after every workout

Location: Conference Room

PR Day | 4:30-6pm

Join us for a fun PR Day in the weight room! We'll be celebrating strength and progress as we fill our leaderboard with personal records in pull-ups and deadlifts.

Location: Weight Room

Xtreme Hip Hop Step Basics | 5:30-6pm

Come learn the basic moves of Xtreme Hip Hop Step! This 30-minute session will break down the fundamentals and show you how the moves come together in a full class. Afterwards, stick around and join us for the full one-hour class to put it all into action.

Location: Room 4

Olympic Weightlifting Workshop | 5:30-7pm

Come join Rhiley for a 90-minute introduction to Olympic weightlifting. Learn the fundamentals of the Clean, Jerk, and Snatch. This session is for all experience levels.

Location: Weight Room

CONTACT: Yvette Wilson | 253-460-8941 | ywilson@ymcapkc.org



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Thursday, May 14

Workout Buddy Mixer | 4-5pm

Working out is always more fun with a buddy! Join us for our first-ever Workout Buddy Mixer.

Enjoy a make-your-own trail mix bar and take part in engaging activities designed to help you connect with a new workout partner that can help keep you motivated and accountable.

Location: Room 1

Friday, May 15

Pop Up Step Class | 11:45am-12:45pm

Join Kelly for a fun and welcoming step aerobics class! The first part of class will break down the basics of step, then we'll build into an energetic, full workout that will get your heart pumping.

Location: Room 4

CURRENT CLASSES WITH A FITNESS FEST FLAIR:

Monday, May 11

One-Hit Wonders Cycling | 8:30-9:15am

Get ready to ride to the greatest one-hit wonders of all time! Join Rebecca for a high-energy cycling class packed with those unforgettable chart-toppers you know and love. Expect nostalgia and a seriously good sweat.

Location: Cycle Room

Stroller Strong | 10-11am

Working out just got family-friendly! Join us for a fun Stroller Strong class! This full-body workout blends strength and cardio with options to include your little one. Bonus: all participants will be entered to win a free month of Child Watch.

Location: Youth Gym

Pilates and Pals | 4:30-5:15pm

Share the Pilates experience with a friend at Pilates & Pals. This class focuses on core strength, flexibility, and mindful movement. All participants will be entered into a drawing for a Pilates prize pack.

Location: Room 4

Michael Jackson Cycling | 5:30-6:15pm

Ride to the iconic music of Michael Jackson, bust a move, and get a great ride in!

Location: Cycle Room

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Tuesday, May 12

70's Disco Silver Fit | 8:30-9:15am

Join Yvette at our special 70's Disco Fever Silver Fit class! This high-energy workout will have you moving in and out of the chair to all your disco hits. Come dressed in your disco best and get ready to sweat.

Location: Room 1

Sia Cycle and Strength | 8:30-9:15am

Get ready to ride and lift to the powerhouse vocals and unstoppable energy of Sia. Join Rebecca for a high-energy Cycle & Strength class featuring all Sia songs!

Location: Cycle Room

Extended COMMIT Dance Party | 6:30-7:45pm

Join Katie for an extended Commit Dance Class!

Location: Room 1

Wednesday, May 13

Alternative Cycling | 8:30-9:15am

Ride to the beat of alternative music with Don in this high-energy cycling class. If you love alt rock, this ride is for you.

Location: Cycling Room

Stroller Strong | 10-11am

Working out just got family-friendly! Join us for a fun Stroller Strong class! This full-body workout blends strength and cardio with options to include your little one. Bonus: all participants will be entered to win a free month of Child Watch.

Location: Youth Gym

Drop it like a Squat: 90's Muscle Up Party | 10:30-11:45am

Drop it like a squat and join Yvette for a 75-minute Muscle Up class and 90s party! Get ready for a full-body workout that hits all the major muscle groups to build strength and muscular endurance. We'll be lifting, sweating, and jamming out to all the best 90s throwback hits. Grab a friend, bring your energy, and come ready to squat, lift, and party 90s style!

Location: Room 4

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Pilates and Pals | 4:30–5:15pm

Share the Pilates experience with a friend at Pilates & Pals. This class focuses on core strength, flexibility, and mindful movement. All participants will be entered into a drawing for a Pilates prize pack.

Location: Room 4

Taylor Swift Cycle Party | 5:30–6:30pm

Come ride like you mean it—because Rebecca is bringing an all Taylor Swift 60-minute cycling class to the Y. Expect iconic eras and a playlist packed with your favorites. Whether you're a lifelong Swiftie or just love a high-vibe workout, this ride is pure fun from start to finish.

Location: Cycling Room

Thursday, May 14

EDM TRAP Cycle and Strength | 8:30–9:30am

Join Sasha for an EDM trap-themed cycling class that blends hard-hitting beats with high-intensity intervals to keep you pushing through every climb and sprint.

Location: Cycling Room

Extended COMMIT Dance Party | 6:30–7:45pm

Join Ryan for an extended Commit Dance class!

Location: Room 1

Friday, May 15

Y2K Ride | 8:30–9:15am

Step back into the early 2000's with Rebecca for a Y2K-themed cycling class packed with throwback hits and all the nostalgic vibes.

Location: Cycling Room

Complete Conditioning | 9:30–10:15am

Alphabet-themed workout.

Location: Room 4

Party like it's 1999—Prince Muscle Up | 10:30–11:30am

Get ready for a full-body workout that hits all the major muscle groups to build strength and muscular endurance. We'll be lifting, sweating, and jamming out to all the best Prince hits. Grab a friend, bring your energy, and your best purple attire.

Location: Room 4

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Saturday, May 16

Seattle Bands Cycling | 8:30-9:15am

Ride to the soundtrack of Seattle's legendary music scene with Kerry in this all-Seattle-bands cycling class.

Location: Cycling Room

Sunday, May 17

Do You Wanna Get Rocked Cycling | 8:30-9:15am

Turn up the volume and get ready to ride. This "Do You Wanna Get Rocked?" cycling class with Don brings the power, the attitude, and the full-throttle rock energy you need to crush your workout.

Location: Cycling Room

Extended COMMIT Dance Party | 10-11am

Join Ryan for an extended Commit Dance Class

Location: Room 1

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