



STRONGER STARTS **HERE**

FITNESS FEST SCHEDULE | Mel Korum Family YMCA

WORKSHOPS, POP-UPS, CLINICS, AND EVENTS:

Monday, May 11

TRX Pop Up Class | 9:30-10:15am

Curious about TRX? This pop-up class is a great opportunity to experience the benefits of using a suspension trainer in your workout routine.

Location: Group Exercise Room

Thursday, May 14

PR Day | 5-7pm

Come test your skills and chase a new personal record! Whether you're bench pressing, squatting, or deadlifting, PR Day is your day to push limits, beat your best, and celebrate your progress. Bring the energy, bring a friend, and let's see what you can do!

Location: Weight Room

Friday, May 15

Better Balance Workshop | 10-11am

Balance is a crucial and trainable skill for overall physical health and longevity. Balance training can prevent injuries, mitigate fall risk, and even improve athletic performance. In this workshop, you will learn a variety of exercises, from beginner to advanced, to maintain and improve balance.

Location: Community Room

CURRENT CLASSES WITH A FITNESS FEST FLAIR:

Monday (May 11), Wednesday (May 13), Friday (May 15)

Muscle Mania | 9:30-10:30am

Instructors Tara and Katie are bringing a new kind of madness to this week's Muscle Up classes. Prepare for muscle-pumping, sweat-inducing fun.

Location: Main Gym

CONTACT: Britney Johnson | 253-460-8955 | brjohnson@ymcapkc.org



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Monday (May 11), Wednesday (May 13), Friday (May 15)

Stroller Strong | 10:45-11:45am

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: Main Gym

Saturday, May 16

COMMIT Dance Party | 10:15-11:15am

Get ready to sweat and party with COMMIT Dance Fitness.

Location: Group Ex Room

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