



STRONGER STARTS **HERE**

FITNESS FEST SCHEDULE | Tom Taylor Family YMCA

WORKSHOPS, POP-UPS, CLINICS, AND EVENTS:

Monday, May 11

Ice Cream Social | 12-1pm

Join us for a fun and festive ice cream social to kick off Fitness Fest! Enjoy a sweet treat, connect with friends, learn about the week's activities, and plan which events you'd like to take part in. This event is free of charge and open to all our active older adult members and community members.

Location: Cafe

Tuesday, May 12

Yin Yoga with Sound Bowls | 6-7:30pm

This gentle Yin and Sound experience is an invitation to slow down, soften, and create space in your body and energy. A nourishing 45-minute Yin practice is followed by a 45-minute rest with a sound experience. Healing tones and frequencies gently support deep restoration. Leave feeling deeply grounded and energetically recalibrated.

Location: MPR 4

Wednesday, May 13

Pickle Fit | 2-3pm

Pickle Fit is a clinic specifically designed to improve the aspects of fitness that translate to Pickleball! We'll be dialing in your mobility, resilience to injury, lateral speed and strength, stamina, agility and hand-eye coordination with the perfect blend of fun. Get fit, stay sharp, and elevate your game with Pickle Fit!

Location: MPR1

Friday, May 15

Coffee and Connections | 12-2pm

Join us for some relaxed social time at Coffee and Connections. We provide the coffee; you provide the conversation. Meet new people, make new friends, and take a break from your workout!

Location: Cafe

CONTACT: Shayla Lee | 253-534-7865 | slee@ymcapkc.org



STRONGER STARTS **HERE**

FITNESS FEST SCHEDULE | Tom Taylor Family YMCA

Saturday, May 16

The Great Race | 10:30-1pm

Join us for a YMCA-style adventure that blends challenges for the mind, body, and spirit throughout the Y. Race your way through a mix of activities: swim or row, climb the rock wall, jacob's ladder, or hit the stair master. Plus lift with bootcamp-style physical challenges, tackle YMCA trivia and quick-thinking tasks, and much more! Spots are limited, so grab a partner and sign up today.

Location: Main Gym

Sunday, May 17

PR Day | 11-1pm

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 your 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 Floor

CURRENT CLASSES WITH A FITNESS FEST FLAIR:

Tuesday, May 12

Silver Fit Circuit | 11am-12pm

Join a supportive community and boost your heart health, strength, and mobility. This low-impact class offers a creative mix of cardio and resistance training and is a fun way to get healthier!

Location: Main Gym

Tai Chi | 12-1:15pm

This martial art class combines slow, flowing movements, deep breathing, and meditative focus to promote physical health and mental well-being. The fluid movements challenge the bodies balance system, which can aid overall body awareness and stability.

Location: MPR 4

Stretch and Roll | 5-5:45pm

Release deep-seated tension and boost your flexibility with this rejuvenating Stretch & Roll class. Combine mindful foam rolling with deep stretching techniques for recovery, and comfort in the body.

Location: MPR 4

CONTACT: Shayla Lee | 253-534-7865 | slee@ymcapkc.org



STRONGER STARTS **HERE**

FITNESS FEST SCHEDULE | Tom Taylor Family YMCA

Wednesday, May 13

Ringside Bag | 9:30-10:30am

A fun and dynamic workout, this high-energy class is designed to improve agility and sharpen technique.

A full-body workout that builds speed and core strength without the impact of heavy contact.

Location: MPR2

Dance Fitness High | 6-7pm

This high-intensity dance cardio workout is as fun as it is empowering. Sweat, move, and dance together in a completely judgment-free zone where everyone is welcome.

Location: MPR1

Thursday, May 14

Silver Fit Circuit | 11am-12pm

Join a supportive community and boost your heart health, strength, and mobility. This low-impact class offers a creative mix of cardio and resistance training and is a fun way to get healthier!

Location: Main Gym

Tai Chi | 12-1:15pm

This martial art class combines slow, flowing movements, deep breathing, and meditative focus to promote physical health and mental well-being. The fluid movements challenge the body's balance system, which can aid overall body awareness and stability.

Location: MPR4

Stretch and Roll | 5-5:45pm

Release deep-seated tension and boost your flexibility with this rejuvenating Stretch & Roll class. Combine mindful foam rolling with deep stretching techniques for recovery and comfort in the body.

Location: MPR4

Friday, May 15

Vinyasa Yoga | 8:30-9:30am

Vinyasa Yoga calms the mind and strengthens the body by linking the breath to movement. Leave stress behind and find your flow on the mat.

Location: MPR4

CONTACT: Shayla Lee | 253-534-7865 | slee@ymcapkc.org



STRONGER STARTS **HERE**

FITNESS FEST SCHEDULE | Tom Taylor Family YMCA

Ringside Bag | 9:30-10:30am

A fun and dynamic workout, this high-energy class is designed to improve agility and sharpen technique. This full-body workout builds speed and core strength without the impact of heavy contact.

Location: MPR2

Saturday, May 16

Surge Fit | 8:15-9:15am

Increase strength and improve energy in a welcoming community designed specifically for active adults. Silver Surge Fit classes help improve balance and mobility for healthier living.

Location: Main Gym

Dance Fit Low-Country Line | 9:30-10:30am

Kick up your heels and boost your cardio with our Country Line Dance fitness class! It's the perfect, low-impact way to burn calories, learn new routines, and have a blast in a friendly group setting.

Location: MPR2

Sunday, May 17

Gentle Yoga with Meditation | 12:30-1:45pm

Escape the chaos and nourish your soul with this gentle yoga and meditation class. Designed to relax your body and calm your mind, you'll leave feeling more balanced and peaceful.

Location: MPR4

CONTACT: Shayla Lee | 253-534-7865 | slee@ymcapkc.org