

March 2017 – Garfield Park Community Gym

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club	2 <u>10:00am</u> Winter Coffee & Uno <u>11:00am</u> Walking Club	3
6 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club	7 No program – gym closed	8 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club	9 <u>10:00am</u> Knitting Thursdays: BYO—Bring Your Own Project, Margret Jager <u>11:00am</u> Walking Club	10
13 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club	14 <u>10:00am</u> Painting Vases: Bring Your Own Arrangement <u>11:00am</u> Walking Club <u>11:30am</u> Active Adults	15 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club	16 <u>10:00 am</u> Crime & Safety Committee: Fran Dalton, G.P.N.A/ St Patrick’s Day Coffee <u>11:00am</u> Walking Club	17
20 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club	21 <u>10:00am</u> Medicaid Updates: Khue Dinh, Medicaid/Medicare Specialist, Senior Neighbors <u>11:00am</u> Walking Club <u>11:30am</u> Active Adults	22 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club	23 <u>10:00 am</u> Book Club: “The Book Thief” by Markus Zusak <u>11:00am</u> Walking Club	24
27 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club	28 <u>10:00am</u> Game Day: Cribbage <u>11:00am</u> Walking Club <u>11:30am</u> Active Adults	29 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club	30 <u>10:00 am</u> Pickleball <u>11:00am</u> Walking Club	

Garfield Park Community Gym

March, 2017

The **Garfield Park Community Gym** (2111 Madison Ave. S.E.) is a Grand Rapids Parks and Recreation Center committed to provide excellence in community fitness classes, wellness activities, team sports and rental opportunities. You can pick up a calendar at the Gym;

find it online at www.grcity.us/parks under Recreation, and by

calling 456-3696 #1. You can email us at garfieldparkcommunitygym@gmail.com

Walking Club Expanded Winter Hours

Come walk your way to health and meet new friends.

The Garfield Park Community Gym is warm, bright and safe. Free!!

Mondays & Wednesdays 10:00am - 11:00am

Tuesdays/Thursdays 11:00am - 12:00 noon.

Stretch and Flex

This class includes chair exercises, hand weights, and standing low impact aerobics. Classes are drop in and on going. Try your first class for free.

Monday/Wednesday 9:00am – 9:55am \$3.00

Active Adults: New Time!

A fun fitness class that includes a warm-up, standing cardio and strength training.

Tuesdays: 11:30am to 12:30 pm \$3.00

March Highlights

Be sure to join us on Tuesday, March 21 at 10:00am for “Medicaid Updates”

with Khue Dinh, a Medicaid/Medicare Specialist with Senior Neighbors

The 50+ programs will not be held April 3-7 due to Spring Break.