

May 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>Election Day</u> No Programs	3 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club	4 <u>9:00am</u> Sacred Flow Fitness <u>10:00am</u> May Coffee & Uno <u>11:00am</u> Walking Club	5
8 <u>9:00am</u> Stretch & Flex Fitness Class <u>10:00am</u> Walking Club	9 <u>10:00am</u> Ask a Nurse: Karen Mastburgen, RN City Hill <u>11:00am</u> Walking Club <u>11:30am</u> Active Adults <u>12:30pm</u> Cooking Matters, Carla Anderson, YMCA	10 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club	11 <u>9:00am</u> Sacred Flow Fitness <u>10:00am</u> Knitting Thursdays: Small Loom Weaving, Margaret Jager <u>11:00am</u> Walking Club	12
15 <u>9:00am</u> Stretch & Flex Fitness Class <u>10:00am</u> Walking Club	16 <u>10:00am</u> Sacred Flow Fitness Free Demo Class: Darcy Dean/GR Parks & Rec <u>11:00am</u> Walking Club <u>11:30am</u> Active Adults <u>12:30pm</u> Cooking Matters, Carla Anderson, YMCA	17 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club	18 <u>9:00am</u> Sacred Flow Fitness <u>10:00 am</u> May Walk in the Park <u>11:00am</u> Walking Club	19
22 <u>9:00am</u> Stretch & Flex Fitness Class <u>10:00am</u> Walking Club	23 <u>10:00am</u> Garfield Park Neighborhood Assoc: Fran Dalton, Community Organizer <u>11:00am</u> Walking Club <u>11:30am</u> Active Adults	24 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club	25 <u>9:00am</u> Sacred Flow Fitness <u>10:00 am</u> Book Club: "Hidden Figures" by Margot Lee Shetterly <u>11:00am</u> Walking Club	26
29 Happy Memorial Day! No Programs	30 <u>10:00am</u> Game Day: Cribbage <u>11:00am</u> Walking Club <u>11:30am</u> Active Adults <u>12:30pm</u> Cooking Matters, Carla Anderson, YMCA	31 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club		

Garfield Park Community Gym

May 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 Hours

Come walk in the Gym. Come walk in the Park. Meet new people. Free!!

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

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

Stretch and Flex Fitness Class

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 Fitness

A fun fitness class that includes a warm-up, standing cardio and strength training workout done to music. A great fitness class for all adults.

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

Sacred Flow Fitness

A quasi - yoga style fitness class for everyone. Some postures are slightly modified yoga positions done to Classical music and Gregorian chants.

Thursdays 9:00am – 9:55am \$3.00

New Class! Cooking Matters:

We have partnered with the YMCA of Greater Grand Rapids. Cooking Matters is a FREE hands-on cooking course helps you discover ways to make healthy eating affordable and delicious. We'll learn about meal preparation, grocery shopping, food budgeting and nutrition. Plus, you'll take home a bag of groceries at the end of each class! Space is limited and participants are encouraged to attend all six classes. Sign up at the Garfield Park Gym or by email at

garfieldparkcommunitygym@gmail.com.

Tuesdays 12:30pm-230pm May 9, 16, 30 and June 6 & 13 Free