

September 2017 – Garfield Park Community Gym

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 LABOR DAY <u>10:00am</u> Community Bridge Walk— Ah-Nab-Awen Park</p>	<p>5 <u>10:00am</u> SugarGranny Outreach—Andrea Sharp <u>11:00am</u> Walking Club <u>11:30am</u> Active Adults <u>1:00pm</u> Adult Golf Lessons: Chip and Drive</p>	<p>6 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club <u>11:30am</u> Lunch Time Adult Basketball</p>	<p>7 <u>9:00am</u> Sacred Flow, Yoga-style Fitness Class <u>10:00am</u> Summer Coffee & Uno <u>11:00am</u> Walking Club</p>	8
<p>11 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club <u>11:30am</u> Lunch Time Adult Basketball</p>	<p>12 <u>10:00am</u> Age-friendly Community Meeting—GR Planning Dept <u>11:00am</u> Walking Club <u>11:30am</u> Active Adults <u>1:00pm</u> Adult Golf Lessons: Chip and Drive</p>	<p>13 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club <u>11:30am</u> Lunch Time Adult Basketball</p>	<p>14 <u>9:00am</u> Sacred Flow, Yoga-style Fitness Class <u>10:00am</u> Bocce Ball in the Park <u>11:00am</u> Walking Club</p>	15
<p>18 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club <u>11:30am</u> Lunch Time Adult Basketball</p>	<p>19 <u>10:00am</u> Age-friendly Community Meeting—GR Planning Dept <u>11:00am</u> Walking Club <u>11:30am</u> Active Adults <u>1:00pm</u> Adult Golf Lessons: Chip and Drive</p>	<p>20 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club <u>11:30am</u> Lunch Time Adult Basketball</p>	<p>21 <u>9:00am</u> Sacred Flow, Yoga-style Fitness Class <u>10:00 am</u> Knitting Thursdays: Fall Group Project: Lap Robs Margret Jager <u>11:00am</u> Walking Club</p>	22
<p>25 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club <u>11:30am</u> Lunch Time Adult Basketball</p>	<p>26 <u>10:00am</u> Game Day: Cribbage <u>11:00am</u> Walking Club <u>11:30am</u> Active Adults <u>1:00pm</u> Adult Golf Lessons: Chip and Drive</p>	<p>27 <u>9:00am</u> Stretch & Flex <u>10:00am</u> Walking Club <u>11:30am</u> Lunch Time Adult Basketball</p>	<p>28 <u>9:00am</u> Sacred Flow , Yoga-style Fitness Class <u>10:00 am</u> Book Club: “All the Light We Cannot See” Anthony Doerr <u>11:00am</u> Walking Club</p>	29



September 2017

Garfield Park Community Gym

50+ Program

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 50+calendar at the Gym; find it online at www.grcity.us/parks under Recreation, and by calling 456-3696 #1.

Stretch and Flex Fitness

This class includes chair exercises, hand weights, and standing low impact aerobics. Classes are drop in and on going. \$3.00

Monday/Wednesday 9:00am – 9:55am

Active Adults Fitness

A fun fitness class that includes a warm-up, standing cardio and strength training workout, all done to music. This is a great fitness class for all adults. Classes are drop in and on going. \$3.00

Tuesdays: 11:30am to 12:30 pm

Sacred Flow Fitness

A yoga style fitness class for everyone. Some postures are slightly modified yoga positions done to Classical music and Gregorian chants. Classes are drop in and on going. \$3.00

Thursdays 9:00am – 9:55am

Lunch Time Adult Basketball

Grab your friends for some drop in basketball games. **Begins September 11, 2017.** Free

Monday/Wednesday 11:30am-1:00pm

Adult Golf Lessons:

Chip and Drive

Bring your clubs to the Gym and work on your swing. Free

Tuesdays, September 5, 12, 19 & 26

1:00pm – 2:00pm

Walking Club

Come walk in the Gym or the Park. We provide good music and a great time.

Mondays/ Wednesdays

10:00am - 11:00am

Tuesdays/Thursdays

11:00am - 12:00 noon.

Age - Friendly Communities Listening

Tour! Two Dates to Choose from.

Come and share your ideas and vision with the Grand Rapids Planning Department as our community explores what a Age Friendly Community looks like.

Tuesday, September 12, 2017 10:00am

Tuesday, September 19, 2017 10:00am

Like us on **Facebook** at

Garfield Park Community Gym or contact us at garfieldparkcommunitygym@gmail.com.