

## How do I join in on the adult fitness classes?

All adult fitness classes operate as a \$5 drop-in for each class. You do not need to be a member of the Community Center to take the fitness classes.

If you are a Silver Sneakers member at the Community Center, you are eligible to take 1 free class per week. Any additional classes you wish to take is a \$5 drop-in fee.

If you have never been to the Community Center before we have a short, one-time, info/waiver form for you to complete when you arrive so we can create an account for you, but after that you just pay \$5 upon arrival and you're good to go!

## ADDRESS

Byron Township Community Center  
2120 76<sup>th</sup> St. SW  
Byron Center, MI 49315

## CONTACT US

Phone | 616-878-1998 |  
[www.byrontownshiprec.org](http://www.byrontownshiprec.org)

## INTERESTED IN BECOMING A FITNESS INSTRUCTOR?

Please contact Katie Vander Meer at  
[katiev@byrontownship.org](mailto:katiev@byrontownship.org)

# BYRON TOWNSHIP RECREATION

## ADULT FITNESS CLASSES

Byron Township Community Center offers various adult fitness classes throughout the week - morning and evening.

## MEET THE INSTRUCTORS

- **AIMEE DEHOLLANDER**

Teaches our senior fitness classes - BOOM MOVE, Silver Fitness and Gentle Stretch.

- **JAMI KOK**

Jami teaches GROOVE, Strength, Yoga, Chair Yoga & Gentle Yoga

- **TAMMY ALLAN**

Tammy teaches Cardio Sculpt, Tabata, Urban Kick & WERQ

## What classes are offered?



### BOOM MOVE

Designed for baby boomers and those that want to have fun dancing to great music from the 70's to now, with repetitive & easy to follow moves.



### CARDIO SCULPT

A full body workout class to improve cardiovascular endurance & overall strength. Utilizing various cardio segments & strength training.



### CHAIR YOGA

Enjoy all the benefits of yoga from the stability of a chair! This class is perfect for those who are new to yoga - modifications offered for various levels of activity.



### GENTLE STRECH

A slow, gentle, total body stretching class for flexibility, balance, and core strength, Easy on wrists & knees. No inversions.



### GENTLE YOGA

Relaxes, releases, & restores. Practiced slowly and all poses are done down on the yoga mat.



### GROOVE

Super simple movements set to a variety of music. Groove is a fusion of mobility, cardio & strength that is accessible to all ages and fitness levels.



### SILVER FITNESS

Combines standing & chair exercises with a focus on balance, strength & flexibility with fun 50/60's music.



### STRENGTH

Intermediate level class - gain strength and endurance in all muscle groups to enhance your day-to day living. We will be using body weight as well as hand weights and other equipment. Bring a mat!



### TABATA

A HIIT (high intensity interval training) class that combines bursts of strength training in 20/10 second intervals/rest.



### URBAN KICK

Cardio kickboxing class that combines various drills and body weight HIIT intervals to get a full body workout



### WERQ

The fiercely fun dance-fitness workout class based on pop, rock, and hip-hop. Start with dance, end with yoga.



### YOGA

Focuses on breathing, balance, flexibility & relaxation



### YOGA FIT

Mixing fitness moves with basic yoga postures to help relax and stretch out muscles.