



WORK HARD, PLAY HARD

MEMBERSHIP VALUE-ADDED CLASSES

Kickboxing M/W @ 4:30pm

Dynamic aerobic exercise with martial arts style kicks, blocks and punches designed to provide a total body workout. Included is strength and toning with light weights.

Cycle Tu/Th @ 8am & 4:15pm

Indoor cycling is a form of exercise with classes focusing on endurance, strength and intervals with recovery.

Strength in Motion Tu @ 5pm

A full-body workout designed to strengthen and tone the upper and lower body.

Ab Lab Tu @ 5:30pm

Ab lab is an intense core workout. Work your entire core to help sculpt your body. This class is for all fitness levels while fitting a quick & challenging workout into your busy schedule.

Step & Stuff M/W/S 9am

Step & Stuff combines traditional step aerobics with strength training using hand weights.

Grants Pass Family YMCA

1000 Redwood Ave

541-474-0001

grantspassymca.org

EB 1/8/2026

