

# STRONGER TOGETHER

## MEMBERSHIP VALUE-ADDED CLASSES

### Balance & Bone Health

**M/F @ 12:30pm**

Join us for a fun filled entry level class designed to build strength, reduce fall risk, and improve overall balance of body and spirit.

### Movement Improvement

**M/W @ 7:45am**

Retrain your movement patterns for maximum performance, maximum recovery and maximum health. Movement Improvement helps people get out of pain, improve their health and maximize their performance.

### Vitality Fitness

**M/W/F @ 11am**

An evidence-based program to help people manage the symptoms of arthritis. This program helps people with arthritis reclaim their independence by increasing their mobility and activity.

### Chair Works

**M/W @ Noon**

Exercise for the physically challenged, designed for people who would like to exercise from the comforts of a wheelchair or the security of being seated. Relieve stress, increase circulation, improve strength and flexibility.



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