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132.3 MB of 15 GB used

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Free Yoga at Lookout Park

Add some relaxation to your day at these free outdoor community yoga sessions. Begin with gentle stretching and move to flowing through and holding poses. Classes are held at Lookout Park (801 Fairview Ave NE) at 7pm on July 5, 12, 19, 26, and August 2, 6, 16, and 23. No registration is required, simply drop in! If you have further questions, please contact Downtown Grand Rapids Inc. at (616) 719-4610 or info@downtowngr.org.

Tai Chi Classes

St. Alphonsus Community Center offers a Beginner's Tai Chi class on Mondays from 10:15-11:15am, and an Advanced class afterward from 11:45am-12:45pm. The Intermediate class is on Wednesdays at 9:30am. Suggested donation is \$3, but no one is turned away. Tai Chi is exceptionally helpful if you wish to strengthen core and use intentional movements to help you slow down and feel more balanced in life. If interested, please contact Virginia at (616) 913-4419 or email vscholten18@gmail.com.

Learn to Play Pickleball

Pickleball is a paddle sport created for all ages and skill levels that combines many elements of tennis, badminton, and ping-pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Join the GR Pickleball Club at Belknap Park (30 Coldbrook NE) on Mondays at 6pm. For more information visit www.grpickleball.com.

Enhance Fitness

This fun fitness class is developed for anyone 60 years or older. This award-winning program is safe and effective for all fitness levels! The class focuses on strengthening, conditioning, balance and flexibility. Participants are encouraged to go at their own pace. Comfortable clothes and good shoes are all you need. A \$3.00/class suggested donation is accepted, but no one is turned away.

Classes take place in St. Alphonsus Community Center (224 Carrier St NE) on Mondays at 10:30am and Wednesdays at 9:30am. For more information, contact Julie at (616) 233-0283 or Virginia at (616) 913-4419.

Gentle Yoga

Join us for Gentle Yoga at St. Andrew's Episcopal Church! Highly trained instructors lead classes on Tuesdays at St Andrew's (1025 Three Mile Rd NE) from 6-7pm. Instruction is individualized for your needs and is at the lowest price in town—a recommended \$5 donation. Stretch and find peace in this loving atmosphere.

Stretch & Flex Class

Come for exercise and fellowship with instructor Mary Greer every Monday and Wednesday from 9-10am at North Park Presbyterian Church (500 North Park St NE). All levels of ability are welcome – any needed equipment is available for your use. Focus is on play, laughter, deep breathing and gentle movement to encourage flexibility. The class is drop-in only, meaning no registration is required, and costs \$2 per session.

