



# YMCA OF LANSING

## MAY MEMBERSHIP APPRECIATION WEEK

### MAY 15TH-MAY 20TH

# APPRECIATION WEEK

MAY  
**15**

## MONDAY

- Membership Appreciation Week
- Raffle Starts
- Why the Y Statements
- Member Photos All Week

MAY  
**16**

## TUESDAY

- Oak Park Annual Campaign Table in Lobby
- Bring a Guest for FREE - 1 Guest per member (All Locations)
- KINECTIONPT w/ Randee Pope (Activate Pre & Postpartum Core Sessions) 5:30pm-6:30pm at Westside YMCA

MAY  
**17**

## WEDNESDAY

- Parkwood Annual Campaign Table in Lobby

MAY  
**18**

## THURSDAY

- Westside Annual Campaign Table in Lobby
- Bring a Guest for FREE - 1 Guest per Member (All Locations)

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**19**

## FRIDAY

- KINECTIONPT w/ Randee Pope (10 min MyoFasical release message sessions) 8:00am-10:00am at Westside YMCA

MAY  
**20**

## SATURDAY

- Family Skate Rink Day at Westside YMCA
- KINECTIONPT w/ Randee Pope (Alleviate Session) 8:30am- 9:15am at Westside YMCA

For detailed information: [WWW.LANSINGYMCA.ORG](http://WWW.LANSINGYMCA.ORG)

# CLASS DESCRIPTIONS:

## **Activate Pre & Postpartum Core Sessions**

Physical therapist Dr. Randee Pope will be teaching on pelvic floor and core activation. This class will help anyone who is pregnant, has had children (whether recently or 30 years ago), or anyone who struggles to engage their core and/or experiences bouts of urinary incontinence. This class will be a mix of anatomy education and participation/practice engaging the muscles.

## **10 Min Myofascial Release Massage**

The Therapists from Kinection Physical therapy will be offering 10 min Myofascial release sessions that utilize a mix of hands-on manual soft tissue release, as well as instrument augmented soft tissue release to help you move better and with less restrictions.

## **Alleviate Class**

This will be a functional mobility class aimed at reducing low back pain by addressing mobility, as well as how to properly brace your core through functional movements. Many instances of back pain are due to low back, mid back, and hip immobility. We will be talking through how to find these restrictions and give you tools to use to improve the movement in your joints. This is not a stretching and flexibility class. It will be focused on the motion within each joint rather than muscle length. Come ready to learn a little about anatomy as well as move through some exercises. This class is perfect for anyone who experiences back or hip stiffness with daily life or with exercise.

