



February 2016 YMCA Healthy Living

Updated: Feb. 2, 2016



Altru Family YMCA, Grand Forks, ND • (701)-775-2586 • www.gfymca.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>February Group Exercise Schedule Begins</i>	2	3	4	5	6
7	8	9 <i>Nutrition For Health & Wellness, presented by Altru Health System - 6:30 pm</i>	10	11 <i>Giving Hearts Day</i>	12	13
14	15 <i>LIVESTRONG at the YMCA - new session begins: 4:00 pm</i>	16	17 <i>Fraud Prevention Workshop (Birthday Club): 10:30 am</i>	18 <i>Altru Family YMCA Annual Meeting: 12:00 pm - Hilton Garden Inn</i>	19	20
21	22	23	24	25	26	27
28	29					



March 2016 YMCA Healthy Living



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 <i>YMCA 4th Annual Winter Indoor Triathlon - 9:00 am</i>
6	7 <i>March Group Exercise Schedule Starts.</i>	8	9	10	11	12
13	14	15 <i>Weigh 2 Change Lifestyle Change Program starts - 5:30 pm tentative</i>	16	17	18	19 <i>See us at the Healthy Living Expo</i>
20	21	22	23	24	25 <i>Firefighters Academy finishes. Congrats to Sonia and our GF Firefighters!</i>	26
27 <i>Easter Sunday YMCA is closed.</i>	28	29	30	31		



April 2016 YMCA Healthy Living



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12 <i>Nutrition For Athletic Performance, presented by Altru Health System: 6:30</i>	13 <i>Parkinson Disease Symposium—Fargo</i>	14	15 <i>Silver Sneakers Instructor Training (Classic, Yoga, Circuit).</i>	16 <i>No Group Cycling - our bikes will in-use at spin For Kids - see you there!</i>
17	18	19	20	21	22	23 <i>NETA Body Weight Instructor Training: 8 am—1 pm.</i>
24 <i>NETA Yoga Inc. Instructor Training: 8 am - 1 pm</i>	25	26	27	28	29	30



May 2016 YMCA Healthy Living



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 <i>Celebration: LIVESTRONG at the YMCA - 4 pm session finishes.</i>	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



June 2016 YMCA Healthy Living



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 <i>TIN MAN Ironman Triathlon Starts / LIVESTRONG at the YMCA morning session begins.</i>	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



July 2016 YMCA Healthy Living



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>FIRECRACKER 5K, 10K Fun Run Walk 8:00 am</i>	5	6	7	8	9
10	11	12 <i>Nutrition for Weight Management - presented by Altru Health System - 6:30 pm</i>	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



August 2016 YMCA Healthy Living



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 <i>LIVESTRONG at the YMCA morning ses- sion ends.</i>	25	26	27
28	29	30	31			



September 2016

YMCA Healthy Living



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	



October 2016 YMCA Healthy Living



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11 <i>Clean Eating presented by Altru Health System: 6:30 pm</i>	12	13	14	15 <i>3rd Annual Zumbathon - tentative</i>
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



November 2016

YMCA Healthy Living



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



December 2016 YMCA Healthy Living



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31