



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOVING INTO A SEASON OF FITNESS



## Y GROUP FITNESS CLASSES

### DECEMBER 2011

December 5 , 2011 - January 8, 2012



DECEMBER 2011

# Y GROUP EXERCISE CLASSES

Due to the renovation, class locations vary and may change. Please refer to the notations on the schedule.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00-6:45 am <b>Zumba</b> Erica mini gym	6:00-7:00 am <b>Sunrise Yoga Stretch</b> Michelle studio 2	6:00-6:45 am <b>Zumba</b> Casey mini gym	6:00-7:00 am <b>Sunrise Yoga Stretch</b> Michelle studio 2		8:15-9:30 am <b>Jazzercise</b> Julie/Maria mini gym	1:00-1:55 pm <b>Jazzercise Body Sculpting</b> Julie/Maria mini gym
8:30 - 9:15 am Silver Sneakers® <b>MSROM®</b> Bonnie mini gym	7:30 - 8:45 am LIVESTRONG® at the YMCA studio 2	8:30 - 9:15 am Silver Sneakers® <b>MSROM®</b> Bonnie mini gym	7:30 - 8:45 am LIVESTRONG® at the YMCA studio 2		10:00 am <b>Zumba Gold</b> Angie/Tina Steph studio 2	2:00-3:00 pm <b>Zumba</b> Casey mini gym
9:35-10:30 am <b>Group Strength Training</b> Koko mini gym		9:35-10:30 am <b>Group Strength Training</b> Koko mini gym		9:35-10:30 am <b>Group Strength Training</b> Koko mini gym		3:05 - 3:35 pm <b>ABBS Express</b> (Abs, Back, Buns, & Stretch) Patti studio 2
	10:00 am <b>Fit For Life</b> Lorna mini gym		10:00 am <b>Fit For Life</b> Lorna mini gym	<b>Please Note:</b> Any class changes or cancellations during the holidays will be posted.  The Y will be closed on Christmas Day.	<b>YOUTH FUN &amp; GAMES</b> T/TH age 5 - 11 5:30 pm Members - FREE Non-members - FEES APPLY	
12:05 pm <b>Boot Camp Express</b> Duane mini gym		12:05 pm <b>Boot Camp Express</b> Duane mini gym	<b>NOTE</b> →		<b>DROP-IN PLAYHOUSE CHILD CARE</b> (Infant-age 7) M - F 8:15 am - 1:30 pm M - F 4:15 pm - 8:30 pm Sat 8:15 am - 1:30 pm	
4:35-5:30 pm <b>Cardio Circuit Training</b> Lynda mini gym	4:25-5:25 pm <b>Jazzercise</b> Julie/Maria mini gym	4:35-5:30 pm <b>Cardio Circuit Training</b> Lynda mini gym	4:25-5:25 pm <b>Jazzercise</b> Julie/Maria mini gym		As a Y member, you may sign your child in at the Y Playhouse and go enjoy your workout. Schedule is subject to change.	
	5:30-6:30 pm <b>Zumba</b> Dacia mini gym		5:30-6:30 pm <b>Zumba</b> Dacia mini gym		<b>Y BUILDING HOURS</b> M - Th 5:30 am - 10:30 pm Fri 5:30 am - 9:00 pm Sat 7:00 am - 6:00 pm Sun 11:00 am - 6:00 pm	
5:35-6:30 pm <b>Jazzercise</b> Julie/Maria mini gym	5:35 - 6:35 pm <b>Group Strength Training</b> Jolaine weight room *no class after Dec 20	5:35-6:30 pm <b>Jazzercise</b> Julie/Maria mini gym	5:35 - 6:35 pm <b>Group Strength Training</b> Jolaine weight room *no class after Dec 20	5:30-6:30 pm <b>Step Aerobic Training</b> Leslie mini gym	<b>PLEASE NOTE:</b> The weight & cardio rooms, racquetball courts, and gyms close 15 minutes prior to building hours.	
5:30-6:15 pm Beginner/Interm <b>Pilates</b> Sheila studio 2	5:35-6:20 pm Interm/Advanced <b>Pilates</b> Lynda studio 2	5:30-6:15 pm Beginner/Interm <b>Pilates</b> Sheila studio 2	5:35-6:20 pm Interm/Advanced <b>Pilates</b> Lynda studio 2		<b>DECEMBER 2011 (Dec. 5 - Jan. 8)</b> Class chedule subject to change.	
6:45-8:00 pm <b>Hatha Yoga Basics</b> Brian studio 2	6:40-7:20 pm <b>Abs, Back Buns &amp; Stretch</b> Patti studio 2	6:45-8:00 pm <b>Hatha Yoga Basics</b> Sue studio 2	6:40-7:20 pm <b>Abs, Back Buns &amp; Stretch</b> Patti studio 2	6:35-7:35 pm <b>Zumba</b> Angie mini gym	© 2011, Altru Y Family Center Grand Forks, ND www.gfymca.org 701-775-2586	
	7:30 - 8:30 pm <b>Middle Eastern Dance</b> Natasha studio 2				Updated: 12/2/11	

## Y GROUP CYCLING CLASSES

Please reserve a bike the day of class by calling or visiting the front desk. Water is mandatory. New riders are encouraged to attend Intro to Group Cycling before attending a regularly scheduled class.

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00 am Joe	6:00 am Dave	6:00 am Joe	6:00 am Dave	6:00 am Joe		
8:30 am Valarie	8:30 am Jacki	8:30 am Valarie	8:30 am Jacki	8:30 am Valarie	8:30 am Valarie/Staff	2:00 pm Patti
	4:35 pm Jolene		4:35 pm Jolene	12:10 - 12:50 Lynda 40 min express class	<b>Intro to Group Cycling</b> Mon., Dec. 12 - 6:45 pm Please bring water. Sign-up at front desk.	
5:35 pm Gwen	5:35 pm Patti	5:35 pm Gwen	5:35 pm Patti			

## Y WATER EXERCISE CLASSES

Classes are held in the Y pool. THIS SCHEDULE EFFECTIVE UNTIL DEC. 11\*\*!

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
8:30-9:30 am <b>Cardio n' Core</b> Shallow JoAnn	8:30-9:30 am <b>Aqua Blast</b> Deep Kathy	8:30-9:30 am <b>Cardio n' Core</b> Shallow Kristie	8:30-9:30 am <b>Aqua Blast</b> Deep Kathy	8:30-9:30 am <b>Cardio n' Core</b> Shallow Kristie	9:00-10:00 am <b>Hydro Cardio n' Tone Aqua Blast</b> Elise/Kathy	1:30-2:15 pm <b>Cardio Splash</b> Stephanie
	1:30-2:30 pm <b>Fit N' Tone H.O</b> Kathy/Shelly		1:30-2:30 pm <b>Silver Splash</b> Alyssa/Candy	9:30-10:00 am <b>Hydro Pilates</b> Kristie	<b>LAP SWIM</b> Mon-Fri 6:00 - 8:30 am Mon-Fri 11:30 am - 1:30 pm M/W/F 6:00 - 7:00 pm Saturday 7:00 - 9:00 am Saturday 12:00 - 1:30 pm Sunday 11:00 am - 1:30 pm	
5:15-6:00 pm <b>Aqua Blast</b> Deep Julie/Becky	6:00-7:00 pm <b>Hydro Cardio n' Tone Aqua Blast</b> Becky/Kathy		6:00-7:00 pm <b>Hydro Cardio n' Tone Aqua Blast</b> Julie/Alicia	1:30-2:30 pm <b>Hydro Pilates</b> Kristie	<b>FAMILY SWIM</b> M/W/F 7:30 - 8:30 pm Saturday 2:00 - 5:00 pm Sunday 2:00 - 5:00 pm	

NOTE

\*\*The Y pool will be out of service from December 12 until January 8 for maintenance. The UND and Guest House pools will be available for some lap swim and water exercise options. Please refer to a separate detailed schedule for info.

## Y FAMILY FITNESS Youth Fitness

Mon/Wed	Tues/Thurs	Mon/Wed	FEES:
10:45 - 11:15 am <b>Baby-Fit</b> Parent/Child 6 mo-2 yrs (carpeted room)	9:00-9:45 am <b>Kid-Fit</b> 3 yrs - pre-school Parents Welcome (carpeted room)	5:30-6:30 pm <b>Youth-Fit</b> 5 yrs - 8 yrs (Studio 1 until mid Nov) (will move to carpeted room)	members FREE non-members \$5/class
▶ NO BABY-FIT, KID-FIT or YOUTH-FIT CLASSES FROM DEC. 21-JAN. 5 (Classes resume 1/9/12)			
<b>Youth Fitness Training</b>	Call Wellness Center to make appt.	Age 10+	FREE to members
<b>Tae Kwon Do</b>	Tues 6:30 - 8:00 pm / Mini Gym	Age 5+	FEES APPLY

## Y Adult Wellness Center Programs

<b>Wellness Center Orientation</b>	Call Wellness Center to make appt.	FREE
<b>Personal Fitness Training Orientation</b>	Call Wellness Center to make appt.	FREE
<b>Nautilus Strength Training Orientation</b>	Call Wellness Center to make appt.	FREE



# GROUP FITNESS CLASSES

## December 5 - January 8, 2012

### YOGA & PILATES

#### SUNRISE YOGA STRETCH

This class is based on gentle Yoga and incorporates strength and stretching as well as proper breathing techniques to provide an overall feeling of wellness and balance - a wonderful way to start your day!

#### HATHA YOGA BASICS

A variety of relaxing stretches and poses that refresh, strengthen, and energize the body, and promote whole-body fitness and awareness. Slightly slower paced than Power Yoga, Hatha Yoga emphasizes alignment, breath, balance, and precision in postures. This class is light-hearted and works to fully connect mind/body during each pose and link movement with breath. It is suitable for beginning and advanced students alike.

#### PILATES

Based on the teachings of Joseph Pilates, this class incorporates the basic Pilates moves and teaches the proper form and execution of those moves in a relaxed and comprehensive manner. Improve your posture, strengthen your back and abdominal muscles, increase flexibility, prevent stress and back pain, tone muscles, and sharpen your mind/body connection. Simultaneous stretching & strengthening in a non-impact balanced system of body/mind exercise works the deeper muscles to achieve efficient and graceful movement, improve alignment and breathing, and increase body awareness. **Please note: We request that participants attend the Beginner Pilates as a prerequisite to the Intermediate/Advanced class.**

#### Please Note:

**During the holidays there will be some class cancellations or adjustments. Please look for postings on information about those changes. Thank you!**



### SPECIALTY CLASSES

#### SILVER SNEAKERS® MSROM (Muscular Strength & Range of Movement)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

#### FIT FOR LIFE

Increase your muscle strength, mobility and range of motion to enhance your daily living skills. Move your body to upbeat music with basic movements like marching, arm movements, strength and muscle toning exercises and stretching for flexibility. The use of chairs is optional. This class is appropriate for anyone who is sedentary, unfamiliar with exercise, in a post-rehabilitation situation, or has other limited mobility issues.

### YMCA GROUP CYCLING

#### Y GROUP CYCLING

Group Cycling is one of the best cardiovascular and muscular endurance workouts available. A series of drills, hill climbs, races, etc., (varies by instructor) ends with cool down and stretch segments. Call the front desk any time during the day of class to reserve a spot. Avoid heavy clothing - bring water. New riders are encouraged to attend one **Intro** class before attending a regularly scheduled class.

#### INTRO TO Y GROUP CYCLING

Learn the basics of indoor group cycling such as bike set up, posture, breathing, riding techniques and experience sample drills and rides. This class will give you the tools to succeed in a regularly scheduled class. Please sign up at the front desk. Bring water and wear light clothing.

### YOUTH / FAMILY FITNESS

#### BABY-FIT 6 mo - 2 yrs parent/child class New!

You and your child will thoroughly enjoy the cognitive, social and motor learning that occurs in this class all through fitness fun and play - featuring a "warm-up" (ex: music and movement), "workout" (ex: mini drums alive) and "cool-down" (ex: baby yoga) that you and your child will learn and grow together. The class will focus on one theme for a complete week so children can learn from repetition. At-home activities and family nutrition info also available.

#### KID-FIT 3 yrs - preschool class (parents welcome) New!

Your child will feel proud about going to the gym for their workout class! This one-hour long class will feature many activities for children that will include age appropriate learning including shapes, colors, letters, numbers, enhancing gross and fine motor skills through play and fitness activities - and the early techniques of teamwork and togetherness. The class will focus on one theme for a complete week so children can learn through repetition. At-home activities and family nutrition information info also available.

#### YOUTH-FIT Age 5 - 8 yrs New!

Feeling good... feeling fit.... making friends! Each class will feature proper warm-up, workout through play/activity and cool down - teaching your child about teamwork, fair play, respect, responsibility, compassion. Participants will get PLENTY of physical activity through a fitness workout, while also learning the importance of hydration and keeping their bodies healthy. This class is designed to give your child a wonderful level of activity as well as motivate them to WANT to stay fit!

#### YOUTH FITNESS TRAINING Age 10+

This training program introduces our young members to the benefits of the Nautilus and cardio equipment. Students will learn how to safely use these machines to help enhance their overall health and wellness. Call for 1st appt.

### WATER EXERCISE CLASSES

#### CARDIO N' CORE Shallow Intensity 2

Multi-level aerobics class using the resistance of water to increase range of motion, strengthen muscles and improve cardiovascular fitness. Participants need not be able to swim; however, they should be comfortable in the water.

#### AQUA BLAST Intensity 3

Need to add intensity to your fitness routine? This class will challenge your endurance, strength and coordination by optimizing the challenge that water can add to movement. Participants should be experienced exercisers and comfortable in the water.

#### HYDRO CARDIO N' TONE Intensity 3

Hydro Cardio has both shallow and deep water components that will jump-start your heart with a cardiovascular workout. Water exercise will improve muscular strength and endurance, increase flexibility and expand cardiovascular fitness. Resistance and buoyancy equipment is available to challenge participants for a progressive workout. An impromptu game of water polo is always a possibility too.

#### CARDIO SPLASH Intensity 2

Experience the benefits of exercise while in the deep end of the pool. This class will give you a dynamic total body workout without any impact. Participants should feel comfortable in deep water. Water exercise will improve muscular strength and endurance, increase flexibility and expand cardiovascular fitness.

#### SILVER SPLASH Intensity 1

Activate your aqua exercise urge for variety! Silver Splash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special Silver Sneakers kickboard is used to develop strength, balance and coordination.

#### FIT N' TONE Intensity 2

Utilizing the benefits of water, this class combines cardiovascular, muscular and flexibility exercises for the entire body. A variety of equipment will be incorporated into each class and exercises are performed in both shallow and deep water, however participants can remain in shallow water for the entire class, if desired. All levels welcome!

#### HYDRO PILATES Intensity 2

This class uses non-impact strengthening and stretching movements that require precise breathing and muscle control. Mind-body focus in gradual methodical placement and movement uses moves from yoga, modern dance and gymnastics. This class will improve your posture and balance your muscles using water resistance. You will tone your muscles and increase your flexibility.

### GROUP STRENGTH TRAINING

#### GROUP STRENGTH TRAINING

This ultimate total-body workout is the perfect compliment to your cardiovascular workouts. Using body bars, dumbbells, bands, tubes, fit balls and the BOSU, you will strengthen your major muscle groups in a motivating group setting.

#### ABS, BACK, BUNS & STRETCH

Dynamic core, abdominal, back and glute exercises are performed to strengthen your trunk and deep core muscles and abdominals, as well and tone your hips, glutes and supporting muscles in the legs, back and shoulders. The final total body stretching segment enhances flexibility and leaves you feeling refreshed!

### CARDIO/AEROBIC CLASSES

#### BOOT CAMP EXPRESS

This advanced/intense boot-camp style class utilizes step aerobics mixed with additional cardio and strength training. Your instructor will motivate the group in 'drill sergeant' style to help you do your best and get the most out of your workout.

#### ZUMBA®

ZUMBA® fuses hypnotic Latin rhythms and easy to follow move to create a dynamic fitness program that you will love! Experience an absolute blast in an exhilarating session of calorie-burning, body-energizing, awe-inspiring movements. This unique workout will make you want to do it again and again. Just starting out? Try **Zumba Gold!**

#### STEP AEROBIC TRAINING

Creative routines using the "Step" keep you moving and sweating to upbeat music while you burn fat and calories and have fun doing it! The added benefit that stepping gives you in the form of leg and gluteus strength and toning just adds to the effectiveness of this class format. Class includes warm up, intense step training, short abs/back strength segment and cool down stretch.

#### JAZZERCISE

A blend of jazz dance and exercise science choreographed to today's hottest music, including top 40, jazz, country, funk, and classics. Jazzercise is designed to enhance cardiovascular endurance, strength and flexibility using easy to follow movements. Class includes a gentle warm up, 30 minute aerobic workout, muscle toning and strengthening segment with weights and a final stretch. When you love your workout, results come easy!

### CARDIO & STRENGTH

#### CARDIO CIRCUIT TRAINING

From kick boxing to weight lifting, this one has it all. Combining some of your favorite cardio formats and strength exercises, this class will challenge you to dig deep, push hard, and have fun doing it! Whether you're using the BOSU, step, weights, or simply your own body, you will be targeting the large muscles of your upper and lower body, as well as your entire core. With the variety of exercises this class has to offer, you will build muscular strength you never knew you had while building cardio endurance at the same time.

#### BOSU CIRCUIT TRAINING

This challenging class will focus on core strength and balance blended with upper and lower body strength training and some cardio utilizing the BOSU balance trainer and a variety of other equipment. Participants will notice a dramatic increase in balance due to the improved core strength along with enhanced hip, leg, back, shoulder, and arm strength.

#### ADULT WELLNESS CENTER PROGRAMS WELLNESS CENTER ORIENTATION

A guided tour of the Y Wellness Center cardio and weight rooms. Learn how to operate the cardio machines and become familiar with the layout of the weight room.

#### PERSONAL FITNESS TRAINING ORIENTATION

Enjoy a one on one visit with a Y Personal Fitness Trainer who will discuss your fitness goals and help you develop your start to a rejuvenated fitness plan.

#### NAUTILUS STRENGTH TRAINING ORIENTATION

Nautilus Strength Training is a GREAT way to get strong and stay strong. Learn how to use our line of 2ST Nautilus equipment safely and effectively. We'll also show you how to track your progress!

**Free - by appointment: call the Y Wellness Center**



L I V E S T R O N G

## WE'RE HERE TO HELP YOU STAY WELL!

LIVESTRONG® at the YMCA is physical activity and well-being initiative that helps people affected by cancer reach their holistic health goals. With the help of our Altru Health System partners, our certified instructors and coaches are working in a group setting and one-on-one with our participants, working on building muscle mass and strength, increasing flexibility and endurance, and improving functional ability. The program is also focused on the emotional well-being of survivors and their families. The 2012 program session is scheduled to begin in February. This program is free - non-Y members will receive a free Y membership for the duration of the program. Caregivers are welcome to accompany participants. **For detailed information, contact Patti McEnroe at the Y. (701-775-2586)**

### Y PERSONAL FITNESS TRAINING

Personal training is a great investment regardless of your fitness level. For beginners, personal training can give you the basic fundamentals of exercise and the knowledge to help you build the confidence to participate in the gym environment such as the Fitness Center cardio and weight rooms, as well as group exercise classes.

For intermediated to advanced exercisers, your trainer can provide you with a fresh, new approach to your workouts that will safely push you farther to accomplish your fitness goals.

Your personal trainer will guide you at the pace that is right for you and challenge you to reach your goals with structured one-on-one workout sessions.

#### You can choose from the following options:

- **Fitness Evaluation**
- **Personal Fitness Training**
- **Group Personal Fitness Training**
- **Corrective Exercise Training**
- **Sports Specific Training**
- **Single Training Sessions**
- **Body Fat Analysis**
- **Fitness Re-evaluation**

#### The Following FREE programs are also available!

- **Wellness Center Orientation:** An detailed overview of the cardio and weight rooms - how to use the equipment, etc.
- **Nautilus Strength Training Orientation:** Learn how to effectively and safely use the Nautilus equipment.
- **Personal Fitness Training Orientation:** meet with a Y Personal Fitness Trainer to discuss your goals and receive direction and workout suggestions.

Please refer to the Personal Training flyer for details and prices. For more information contact Deb Vein or Patti McEnroe at the Y.



### ALTRU OUTREACH THERAPY SERVICES

We are pleased to offer Altru Outreach Therapy Services right in our building! Located in the Wellness Center, the Altru Outreach Therapy Services center is staffed by Altru physical therapists by appointment. This location makes it convenient for our members who wish to receive physical therapy services at the Y. Contact the Y for more information.