



MON	TUES	WED	THURS	FRI	SAT	SUN
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AEROBIC & CARDIO / STRENGTH COMBO

	5:35-6:15 am Spin & Strength Jenny/Koko GR EX STUDIO		5:35-6:15 am Spin & Strength Jenny/Koko GR EX STUDIO		8:15-9:30 am NuBody PLUS Julie GR EX STUDIO	
12:05-1:00 pm Boot Camp Duane MINI GYM/GR EX		12:05-1:00 pm Boot Camp Duane MINI GYM/GR EX				
	4:30-5:25 pm NuBody GR EX STUDIO - Julie		4:30-5:25 pm NuBody GR EX STUDIO - Amy			
5:30-6:30 pm B.R.I.C.K.S. GR EX STUDIO - Lynda		5:30-6:30 pm B.R.I.C.K.S. GR EX STUDIO - Lynda		5:35-6:25 pm Barbell Boot Camp Lynda GR EX STUDIO		1:00 - 2:00 pm NuBody TONING Julie GR EX STUDIO
	5:30 - 6:30 pm Zumba® Steph/Angie GR EX STUDIO		5:30 - 6:30 pm Zumba® Stephanie GR EX STUDIO			

SPECIALTY / ACTIVE OLDER ADULT / NEW EXERCISERS

9:30-10:20 am SilverSneakers® Classic - Cathy GR EX STUDIO (PUR)	9:30-10:20 am Fit For Life Cathy GR EX STUDIO (PUR)	9:30-10:20 am SilverSneakers® Classic - Bonnie GR EX STUDIO (PUR)	9:30-10:20 am Fit For Life Cathy GR EX STUDIO (PUR)	9:30-10:20 am SilverSneakers® YOGA - Cathy GR EX STUDIO (PUR)	
10:30-11:00 am Balance & Posture Emi GR EX STUDIO (PUR) Schedule changes 3/23		10:30-11:00 am Zumba Gold® Debbie GR EX STUDIO (PUR) Schedule changes 3/23		10:30-11:00 am Drums Alive Patti GR EX STUDIO (PUR) Schedule changes 3/23	
9:45 - 10:45 am FitStart Valarie STUDIO A/B *Reg Requi* Fees Apply	9:45 - 11:00 am LIVESTRONG® at the YMCA Patti/Staff STUDIO A/B Feb 3-April 23 FREE	9:45 - 10:45 am FitStart Valarie STUDIO A/B *Reg Requi* Fees Apply	9:45 - 11:00 am LIVESTRONG® at the YMCA Patti/Staff STUDIO A/B Feb 3-April 23 FREE		

MIND-BODY

6:00-9:00 am Self-Practice YOGA STUDIO Open thru Feb 9	6:00-9:00 am Self-Practice YOGA STUDIO	6:00-9:00 am Self-Practice YOGA STUDIO Open thru Feb 11	6:00-9:00 am Self-Practice YOGA STUDIO	7:30-9:00 am Mysore Yoga Patrick YOGA STUDIO	7:00-9:15 am Self-Practice YOGA STUDIO	
11:00 a.m. 1:45 pm Self-Practice YOGA STUDIO	11:00 - 11:45 am Light Yoga Marissa - *Starts 1/13* YOGA STUDIO	11:00 a.m. 1:45 pm Self-Practice YOGA STUDIO	11:00 - 11:45 am Light Yoga Marissa - *Starts 1/15* YOGA STUDIO	9:30 - 10:15 am Pilates STUDIO A/B Valarie	9:45-10:45 am Vinyasa Pilates Vinyasa Yoga & Pilates Lynda YOGA STUDIO	
	12:05-12:55 pm Empower Yoga Marissa YOGA STUDIO		12:05-12:55 pm Empower Yoga Marissa YOGA STUDIO	11:00 a.m. 4:00 pm Self-Practice YOGA STUDIO		4:00 - 5:00 pm Heated Power Flow Yoga Kyle YOGA STUDIO
3:00 - 6:45 pm Self-Practice YOGA STUDIO	3:00 - 6:15 pm Self-Practice YOGA STUDIO	3:00 - 5:00 pm Self-Practice YOGA STUDIO	3:00 - 6:15 pm Self-Practice YOGA STUDIO			
		5:30-6:35 pm Heated Power Flow Yoga Kyle - YOGA STUDIO				
	6:40-7:25 pm Pilates YOGA STUDIO Sheila		6:40-7:25 pm Pilates YOGA STUDIO Sheila			
7:00-8:15 pm Hatha Yoga Brian YOGA STUDIO		7:00-8:15 pm Hatha Yoga Sue YOGA STUDIO				


Self-Practice Yoga
Y/Choice members are invited to practice on your own in our newly-renovated Hot Yoga Studio. The studio heat will be between 80 and 90 degrees, with the humidity at 40% or higher. Therefore it is important that you are properly hydrated before, during and after your practice.
Please adhere to the following guidelines:
1. Sign-in & out at Customer Service each time you use the studio.
2. The key must be signed for and returned to Customer Service.
3. Please follow the guidelines posted in the Yoga Studio for opening, general use, and closing of the studio space.

MON	TUES	WED	THURS	FRI	SAT	SUN
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STRENGTH & STRETCH

5:45 - 6:35 pm PiYo Jen - STUDIO A/B	11:30am-12:05 pm PiYo Sonia GR EX STUDIO (PUR)	5:45 - 6:35 pm PiYo Jen - STUDIO A/B	11:30am-12:05 pm Strength & Sculpt Sonia GR EX STUDIO (PUR)	11:30 am-12:05 pm PiYo Sonia GR EX STUDIO (PUR)		
6:40-7:30 pm Group Strength Training GR EX STUDIO-Stan	6:40-7:20 pm Abs, Back, Buns & Stretch GR EX STUDIO - Patti	6:40-7:30 pm Group Strength Training GR EX STUDIO-Stan	6:45 - 7:45 pm Freestyle Barre Stephanie STUDIO A/B	6:40-7:20 pm Abs, Back, Buns & Stretch GR EX STUDIO - Patti		3:00 - 3:30 Core Express Abs, Back, Buns, Stretch Patti GR EX STUDIO

GROUP CYCLING


5:35 am Gwen	5:35 am Spin & Strength 30 min/Jenny	5:35 am Gwen	5:35 am Spin & Strength 30 min/Jenny	5:35 am Gwen		
8:30 am Valarie		8:30 am Valarie		8:30 am Valarie	8:30 am Jessica	
5:00 pm Jolene	12:10 pm Sonia	5:00 pm Jessica	12:10 pm Sonia	12:10 pm Jen		2:00 pm Patti
	5:30 pm Patti		5:30 pm Patti			

WATER EXERCISE

8:30 - 9:15 am Y Water Fit Shallow Saori	8:45 - 9:45 am Boot Camp H2O Deep Kathy	8:30 - 9:30 am Y Water Fit Shallow Molly	8:45 - 9:45 am Boot Camp H2O Shallow/Deep Kathy	8:30 - 9:15 am Y Water Fit Shallow Saori	9:00 - 10:00 am Sssswet Shallow - Elise	
9:15-9:45 am Water Pilates Shallow/Deep Saori	1:30 - 2:20 pm SilverSneakers® Splash Shallow - Hyley		1:30 - 2:20 pm SilverSneakers® Splash Shallow - Hyley	9:15-9:45 am Water Pilates Shallow/Deep Saori	9:00 - 10:00 am Boot Camp Deep Julie/Kathy/Kelly	
5:15 - 6:00 pm Ssswet Shallow Elise	6:00 - 7:00 pm Total Body Conditioning Shallow - Becky Deep - Julie	5:15 - 6:00 pm Ssswet Shallow Elise	6:00 - 7:00 pm Water Tabata Deep Julie		New! 10:30 am Aqua Zumba Sam	
5:15 - 6:00 pm Total Body Conditioning Deep Becky	7:00 pm Kickboxing Shallow Sam		7:00 pm Aqua Barre Shallow Sam			

Lap Swim
Mon-Fri 6:00-8:25 am
Mon-Fri 11:30 am-1:25 pm
M/W/F 6:00-7:00 pm
Saturday 7:00-9:00 am / 12:00-1:30 pm
Sunday 11:00 am-1:30 pm
Family/Open Swim
M/W/F 7:00-8:30 pm
Saturday 2:00-5:00 pm
Sunday 2:00-5:00 pm

YOUTH & FAMILY FITNESS

	9:45 - 10:30 am Baby Fit Kristin Studio 2		9:45 - 10:30 am Baby Fit Kristin Studio 2		
5:25 - 6:45 pm SPARK KIDS FITNESS Kaitlyn/Janelle MINI GYM Age approx 8+		5:25 - 6:45 pm SPARK KIDS FITNESS Kaitlyn/Janelle MINI GYM Age approx 8+			

Youth Fitness Membership (Y.F.M)
Youth age 10+ who attend Y.F.M. training may use designated equipment in the Cardio & Weight areas in the Y Fitness Center. Contact the Y Fitness Center for details and to schedule a training session.



the **DROP-IN PLAYHOUSE CHILD CARE** (Infant - Age 7)

Mon - Fri 8:30 am - 1:15 pm
 Mon - Thurs 4:00 - 7:00 pm
 Members: \$3/one child-\$5/multiple children
 \$25/mo unlimited use
 \$25 punch card
 Non-members: \$5/one child-\$8/multiple children

YMCA BUILDING HOURS*

Mon-Thurs 5:30 am - 10:30 pm
 Friday 5:30 am - 9:00 pm
 Saturday 7:00 am - 6:00 pm
 Sunday 11:00 am - 6:00 pm

*The Fitness Center (weight & cardio rooms), gyms, exercise studios and racquetball courts close 15 minutes prior to building closing hours.

YMCA Fitness classes are free to Y/Choice members unless otherwise indicated. Class daily guest fees: Adults \$10, Youth \$5.

Contact: Patti McEnroe



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 215 N 7th St
 Grand Forks, ND 58203
 www.gfymca.org
 (701) 775-2586

YMCA Specialized Programs

Register at YMCA
 Member Services.

3RD ANNUAL INDOOR TRIATHLON - Saturday, March 7

Swim, bike and run or walk indoors! All levels welcome, singles and teams! Prizes, door prizes and refreshments. Proceeds go to the Altru Family YMCA Parkinson Wellness Program. First wave: 1:30 pm.

Members: \$40; Non-members: \$50; Team members: \$20 Enroll at Member Services.

VIDEO GAIT ANALYSIS - Monday, March 9

Sponsored by Altru Health System. Early evening. Call for more info.

PHOTOGRAPHY WORKSHOP - Tuesday, March 24

6:30 - 8:30 pm. Instructor: Chuck Crummy. More info: TBA

YMCA FitStart™ For New or Returning Exercisers

FitStart is a program for the new or returning exerciser. If you want to start a fitness routine or if you have been away from exercise and want to get back on track, this program is for you.

Instructor: Valarie Wood. Includes food/activity journal. Please enroll any time at Y Member Services.

Y/Choice members: \$10 (one time fee) Members may participate as long as they wish.

Non-members: \$45 (includes 4-week YMCA membership) Non-member repeat fee: \$53

PURNA YOGA

Schedule: TBA

GOLF PERFORMANCE CLINICS

Trainer: Emi Osowski. Returning: June, 2015.

TIN MAN IRONMAN TRIATHLON

June 1 - July 31, 2015

TAI CHI CHIH™

Returning: FALL 2015.

LIVESTRONG® at the YMCA

LIVESTRONG® at the YMCA is a free physical activity and well-being program for cancer survivors. February 3 - April 23
 T/Th, 9:45 - 11:00 am. Evening session TBA.

National Diabetes Prevention Program

This lifestyle change program can take you out of the prediabetes range with healthy eating (weight loss) and physical activity.
 February - May, 2015; Tuesdays, 10:35 a.m.



MAKE THIS YOUR BEST SPRING

ALTRU FAMILY YMCA

Group Fitness Classes

Free to Y/Choice members unless otherwise indicated.

Call: (701) 775-2586 Web site: www.gfymca.org

Questions: Contact Patti McEnroe



SPRING 2015

Updated March 1, 2015



CARDIO & STRENGTH COMBO

B.R.I.C.K. S. WORKOUT™

Bodyweight/Resistance/Interval
 Cardio/Kickboxing/Strength

This one has it all, one fitness brick at a time! Combining some of your favorite cardio formats and strength exercises, this class will challenge you to dig deep and push hard while having fun and feeling great!

NuBODY

Prepare to be motivated! An intense, high energy interval workout that features a perfect blend of cardio training, muscle toning (using weights, bands, balls and more) and flexibility work with music that will move you and results that will keep you coming back!

BOOT CAMP

This advanced/intense boot-camp style class utilizes a variety of cardiovascular activity mixed with creative strength training, using a wide variety of equipment. Your instructor will motivate you to do your best and get the most out of your workout.

STRENGTH & STRETCH

GROUP STRENGTH TRAINING

Build upper and lower body muscle using a variety of equipment including dumbbells, body bars, cardio barbells, bands, tubes and more! Concentrate on strength and muscle in a convenient group setting.

PIYo

PIYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Dynamic, flowing sequences speed things up to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

ABS, BACK, BUNS & STRETCH

Dynamic core, abdominal, back and gluteus exercises are performed to strengthen your trunk, abs and deep core muscles, as well as your hips and supporting muscles in the legs, back and shoulders, with a total body stretch at the end.

CORE EXPRESS

Intense and to the point. This shorter workout targets your core muscles (abs, back and supporting muscles), ending with a cool down stretch.

FREESTYLE BARRE TRAINING

A fusion of basic ballet moves, yoga, and pilates mat work that uses balls, body weight movements, and light hand weights to strengthen, tone, and develop long, lean muscles, improve posture, and develop core strength. Classes focus on controlled movements with proper body alignment and are low impact and easily modifiable for many fitness levels.

STRENGTH & SCULPT

Build total body strength and muscle definition in a motivating and non-intimidating group setting. This ultimate total-body strength and balance workout, using weights, bands, balls, bars and your own body weight, is the perfect compliment to your cardiovascular workouts.

INTRO TO FREE WEIGHTS

Meet with a Y Personal Fitness Trainer and learn how to utilize the weight room equipment such as dumbbells, bench press, power racks, leg press, cable crossover, t-row, olympic weights/benches and more. A great way to get started with free weights safely. Look for posted schedules or call the Fitness Center to schedule a free appointment.

The newly renovated Hot/Heated Yoga studio is now open. Yoga classes will be added and updated regularly. Check updated schedules.

Need a new challenge? Check out our Personal Fitness and Sport Specific Training Options!

MIND/BODY

EMPOWER YOGA /LIGHT YOGA

EMPOWER YOGA is a happy yoga medium, bringing complimentary forces of yin and yang together for a dynamic blend of physical yoga flow and intentions and affirmations to empower ourselves throughout our day. We will reduce stress and release tension for full Spirit, Mind & Body practice. LIGHT YOGA is a slower-paced class featuring light stretches and gentle yoga poses while focusing on breath awareness and relaxation. Great for beginners.

HATHA YOGA

A variety of relaxing stretches and poses that refresh, strengthen, and energize the body, and promote whole-body fitness and awareness, emphasizing alignment, breath, balance, and precision in postures. Suitable for beginning and advanced students.

HEATED POWER FLOW YOGA

Designed to be inclusive to beginners as well as experienced students, each class encompasses an energizing flow of diverse postures designed to link movement with breath to build concentration, strength, balance and flexibility. Come prepared to work vigorously and relax deeply. Instructor: Dr. Kyle Flack.

HEATED YOGA

A traditional Hatha yoga class at temperatures approximately 90 degrees and humidity at 40%. New Schedules: TBA

MYSORE YOGA

Ashtanga Yoga as traditionally practiced in Mysore, India. Students move through a flowing sequence of postures at their own pace, in their own time and with the rhythm of their own breath.

PILATES

Improve your posture, strengthen your back and abdominal muscles, increase flexibility, prevent stress and back pain, tone muscles, and sharpen your mind/body connection with simultaneous stretching & strengthening in a non-impact balanced system of body/mind exercise. Based on the teachings of Joseph Pilates, this class teaches the basic Pilates moves and the proper form and execution of those moves.

VINYASA PILATES

A fusion of Vinyasa Flow Yoga and traditional Pilates with emphasis on smooth, continual movement synchronized with breath to improve strength, flexibility, balance posture and core strength.

AEROBIC DANCE -BASED

ZUMBA® FITNESS

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 come back again and again.

ZUMBA GOLD®

Get groovin at your own pace! The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low impact moves for active older adults. (Great for anyone at any age!)

YOUTH/FAMILY

BABY FIT

Ease back into your workouts by brining your baby with you! Class features strength training and cardiovascular exercises, many involving your baby, such as "baby presses" for great chest work. We recommend that you bring your child in a stroller or a car seat.

SPARK™ KIDS FITNESS

This program focuses on active participation and practice to improve youth fitness, skills, and enjoyment of physical activity. Youth will also learn self responsibility, teamwork and socialization skills. Players focus on specific goals such as team building, games, personal fitness, sports, dances, play, fitness fun, healthy eating and more! (Ages approx 8-12)

ACTIVE OLDER ADULT & SLOWER-PACED

SilverSneakers® CLASSIC

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.

SilverSneakers® YOGA

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

BALANCE AND POSTURE

This class features a series of seated and standing balance, walking and posture exercises. Better balance helps prevent falls and other accidents, while better posture benefits the spine and attitude.

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.

ZUMBA GOLD®

Get groovin at your own pace! The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low impact moves for active older adults. (Great for anyone at any age!)

DRUMS ALIVE®

This total body workout is good for any age and ability. Reduce stress and enjoy the benefits of music, rhythm and movement. Dynamic movements with the power of drumming, using drumsticks and stability balls, makes this class energetic and uplifting.

INDOOR GROUP CYCLING

Y GROUP CYCLING

Group Cycling is one of the best cardiovascular and muscular endurance workouts available. A series of fun drills, hill climbs, races, etc., ends with cool down and stretch segments. Call Member Services on class day to reserve your bike.

INTRO TO Y GROUP CYCLING

Learn how to set up your bike and safe riding technique and then go through a fun demo ride. You'll be ready to attend any class after one intro session. Enroll at Member Services. Look for posted schedules.

WATER EXERCISE

AQUA ZUMBA®

Low impact and high energy, Aqua Zumba blends Zumba philosophy with water resistance. There's less impact on your joints so you can really let loose. This is one pool party you shouldn't miss!

Y WATER FIT

This popular class provides a low-impact alternative to traditional land aerobics but still give you the intensity you want. Aerobic activity and strength exercises are incorporated for a total-body workout. You can maintain your current level of fitness or reach a new level without impact on your joints. You don't have to be a swimmer to participate.

BOOT CAMP H2O

Boot Camp H2O is fun, exciting and challenging. It incorporates cardiovascular work, strength and core training, all in the pool! Boot Camp H2O sets new standards in water based fitness that challenges all ages and fitness levels and will PUSH YOU TO YOUR LIMIT.

WATER PILATES

Strengthen your core, back, and entire body - and enhance your posture, alignment, and flexibility - all in the water! Protect your joints and muscles while strengthening your body. A great alternative to mat Pilates classes for people with limited mobility.

AQUA BARRE

Ballet and yoga based movements, using the pool edge as your "barre" provides gentle strength and stretching exercises to help develop lean muscle, better posture, and improved core strength.

SSSWET

SHALLOW WATER. This class features a variety of moves with and without equipment. Designed to burn calories and make you sweat! Suitable for all levels as modifications for moves will be instructed.

SilverSneakers® SPLASH

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

TOTAL BODY CONDITIONING

Intense cardio using hand weights followed by core and toning for lower body.

WATER TABATA

Tabata interval training is one of the most effective types of high intensity, calorie burning workouts. Intervals of high intensity exercise and rest periods provide heart-pumping cardio, muscle and balance training while jamming to the latest tunes.

KICKBOXING

Crank up the intensity! Kickboxing in the water gives you 7X the resistance of air with minimum stress on your joints. You will work hard and feel the benefits.