




YMCA Adult Group Fitness Classes

Classes Included in Your Y Membership!

MON	TUES	WED	THURS	FRI	SAT	SUN
	5:45-6:30 am Boot Camp Koko GR EX STUDIO (PUR)		5:45-6:30 am Boot Camp Koko GR EX STUDIO (PUR)		8:15-9:30 am NuBody CARDIO TONE INTERVAL Julie GR EX STUDIO	
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 Basics Patti GR EX STUDIO (PUR)	9:45-11:00 am LIVESTRONG® at the YMCA* STUDIO A/B - Patti reg. requ. - in session	10:30-11:00 am Balance Basics Mike GR EX STUDIO (PUR)	9:45-11:00 am LIVESTRONG® at the YMCA* STUDIO A/B - Patti reg. requ. - in session	9:35-10:05 am Pilates Valarie GR EX STUDIO (PUR)	9:45-10:30 am Yoga Beverly/Heidi/Marissa GR EX STUDIO)	
	11:30am-12:00 pm Strength & Sculpt Sonia STUDIO A/B	*Note: LIVESTRONG® at the YMCA is a free physical activity & well-being program for cancer survivors. Registration is required for each 12-week session. It is not a walk-in class. Please contact us for information on upcoming sessions.		11:30am-12:00 pm YOGA PARENT/TODDLER STUDIO 2 - Heidi		
	12:05-12:55 pm YOGA Marissa GR EX STUDIO (PUR)		12:05-12:55 pm YOGA Marissa GR EX STUDIO (PUR)	12:05-12:55 pm YOGA RESTORATIVE STUDIO 2 - Heidi	9:35-10:35 am New! Freestyle Barre Training Casey/Stephanie STUDIO A/B	3:00-4:00 pm Zumba® Casey GR EX STUDIO
12:05-1:00 pm Boot Camp Duane MINI GYM		12:05-1:00 pm Boot Camp Duane MINI GYM		12:05-1:00 pm Boot Camp Duane MINI GYM		3:05-3:40 pm Abs, Back, Buns & Stretch Patti STUDIO A/B
4:30-5:25 pm NuBody CARDIO TONE GR EX STUDIO - Julie	4:30-5:25 pm NuBody CARDIO TONE GR EX STUDIO - Julie	4:30-5:25 pm NuBody CARDIO TONE GR EX STUDIO - Julie	4:30-5:25 pm NuBody STRENGTH GR EX STUDIO - Amy		11:30 - 12:15 pm New! Zumba Gold® Debbie GR EX STUDIO	
5:30-6:30 pm B.R.I.C.K.S. WORKOUT GR EX STUDIO - Lynda	5:30-6:30 pm NuBody CARDIO TONE GR EX STUDIO - Amy	5:30-6:30 pm B.R.I.C.K.S. WORKOUT GR EX STUDIO - Lynda	5:30-6:30 pm NuBody CARDIO TONE GR EX STUDIO - Maria	5:15-6:15 pm ROCK YOGA Shauna STUDIO 2		
5:30-6:30 pm Yoga Beverly/Marissa YOGA STUDIO	5:30-6:30 pm Zumba® MINI GYM	5:30-6:30 pm Yoga Beverly/Heidi YOGA STUDIO	5:30-6:30 pm Zumba® MINI GYM	5:30-6:30 pm Barbell Bootcamp* Stephanie MINI GYM *ENDS 4/4 Lynda GR EX STUDIO		
	5:30-6:20 pm Strength & Sculpt Stan STUDIO A/B		5:30-6:20 pm Strength & Sculpt Stan STUDIO A/B		<div style="border: 1px solid black; padding: 5px;"> <p>DROP-IN PLAYHOUSE CHID CARE FREE TO MEMBERS (Infant - Age 7) Mon - Sat 8:15 am - 1:30 pm Mon - Fri 4:15 pm - 8:30 pm</p> <hr/> <p>Y 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</p> <p>The Fitness Center (weight & cardio rooms), gyms, exercise studios and racquetball courts close 15 minutes prior to building closing hours.</p> <p>Schedule effective March 31, 2014 © 2014, Altru Family YMCA 215 N 7th St Grand Forks, ND 58203 3/27/14 www.gfymca.org • (701) 775-2586</p>  </div>	
5:45-6:30 pm Pilates Sheila STUDIO 2		5:45-6:30 pm Pilates Sheila STUDIO 2				
	6:30-7:30 pm Middle Eastern Dance STUDIO 2 - Natasha					
	6:40-7:20 pm Abs, Back, Buns & Stretch GR EX STUDIO - Patti		6:40-7:20 pm Abs, Back, Buns & Stretch GR EX STUDIO - Patti			
7:00-8:15 pm Hatha Yoga Sue YOGA STUDIO		7:00-8:15 pm Hatha Yoga Brian YOGA STUDIO				

YMCA Group Cycling Classes


Classes Included in Your Y Membership!

MON	TUES	WED	THURS	FRI	SAT	SUN
5:35 am Gwen		5:35 am Gwen				
8:30 am Valarie	8:30 am 45 min TABATA Jacki	8:30 am Valarie	8:30 am 45 min TABATA Jacki	8:30 am Valarie	8:30 am Lynda, Gwen, Sonia	
	12:10 pm Sonia		12:10 pm Sonia	12:10 pm Jen		
5:00 pm Jolene		5:00 pm Jolene				
	5:30 pm Patti		5:30 pm Patti			
						2:00 pm Patti

INTRO TO GROUP CYCLING
Mon., April 14, 6:00 pm
Please bring water.
Approx. 45-60 minutes.

YMCA Water Exercise Classes

Classes Included in Your Y Membership!


MON	TUES	WED	THURS	FRI	SAT	SUN
8:30 - 9:30 am Cardio 'n Core Shallow - Mike	8:30 - 9:30 am Aqua Boot Camp Deep Kathy	8:30 - 9:30 am Aqua Interval Shallow Molly	8:30 - 9:30 am Aqua Boot Camp Deep Kathy	8:30 - 9:30 am Cardio Core & Strength Shallow - Andrea	9:00 - 10:00 am Hydro Cardio 'n Tone / Aqua Blast Elise	
9:30 - 10:00 am Water Pilates Shallow - Saori	1:30 pm Aqua Splash Hyley	1:30 pm Aqua Yoga Flow Shallow Marissa New!	1:30 pm Aqua Splash Hyley	5:15 pm Water Advanced Power Shallow - Elise	9:00 - 10:00 am Water Polo/ Water Ex - Deep Kathy	1:30 pm Cardio Combo Shallow/Deep Julie
1:30 pm Cardio Combo Shallow - Kristi		4:30 pm Hydro Pilates Elise				
5:15 pm Water Advanced Power Shallow - Elise	6:00 - 7:00 pm Treading Tuesday Shallow/Deep Becky	5:15 pm Aqua Fusion Elise	6:00 - 7:00 pm Cardio Split Shallow/Deep Sam/Kathy			
5:15 pm Mini Boot Camp w/Finning Deep - Julie/Becky						

Lap Swim
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 / 12:00-1:30 pm
Sunday 11:00 am-1:30 pm

Family Swim
M/W/F 7:00-8:30 pm
Saturday 2:00-5:00 pm
Sunday 2:00-5:00 pm

YMCA Youth/Family Fitness

Classes Included in Your Y Membership!

MON	TUES	WED	THURS	FRI	SAT	SUN
5:25-6:45 pm SPARK Kids Fitness MINI GYM Mike/Emily (Age approx 7-12)	New! 5:30 - 6:30 pm Zumba Kids STUDIO 2 Debbie (Age approx 7-12)	5:25-6:45 pm SPARK Kids Fitness MINI GYM Mike/Emily (Age approx 7-12)	New! 5:30 - 6:30 pm Zumba Kids STUDIO 2 Debbie (Age approx 7-12)	11:30 am - 12:00 pm Parent/Toddler YOGA Heidi		

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

Adult/Youth/Family Fitness Classes are free to Y/Choice members.

Non-member fees: Adult classes, \$10 guest fee / Youth classes, \$5 per class or \$30 per 4-week session.

SEE BACK FOR FEE-BASED CLASSES.

YMCA Fee-Based Classes

Register at Y Customer Service.

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00 - 8:00 am Mysore Yoga YOGA STUDIO	8:00-10:00 am Mysore Yoga YOGA STUDIO	6:00 - 8:00 am Mysore Yoga YOGA STUDIO	8:00-10:00 am Mysore Yoga YOGA STUDIO	6:00 - 8:00 am Mysore Yoga YOGA STUDIO		
6:00-6:45 pm INSANITY STUDIO A/B		6:00-6:45 pm INSANITY STUDIO A/B		8:00-10:00 am Mysore Yoga YOGA STUDIO		
7:00-8:00 pm Golf Performance Training STUDIO A/B						

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. Friday's classes will be led. All other classes are not led classes, but students will receive individual attention from the teacher. The teacher will give adjustments when necessary, and help students accomplish each posture while learning the correct sequence. Mysore classes are open to all levels, even if a student is not experienced or does not know the sequence by heart. All instruction is tailored to the student's needs. It is recommended that new students commit to attending a minimum of 3 Mysore classes per week. Alternatively, new students can attend a minimum of 4 Ashtanga based classes.

Session 3: March 31 - May 2 (6 week session)

Y/Choice members: \$90 - 3 days/week • \$150 - 5 days/week • Drop In: \$7 members, \$15 non-members any time

INSANITY

This intense class features maximal interval training, combining endurance & plyometrics, strength & balance, and agility & coordination into 3-5 minute workout blocks to help transform your body! Options and modifications are provided for all fitness levels.

Session 3: March 31 - April 23 (4 week session)

Y/Choice members: \$80 per session/\$12 drop in • Non-members: \$120 per session/\$15 drop in

GOLF PERFORMANCE TRAINING

Enhance your game by improving your physical strength, balance, coordination and endurance! Training schedules will be provided for Tuesday through Sunday. Meet every Monday for 6 weeks.

Session 2: March 24 - April 18

Members \$25/session; drop in fee \$6 • Non-members enroll through EGF Community Ed

Mind/Body Classes

YOGA

Come ready to sweat, smile and have fun. We will build heat through a combination of a moderately heated room and a vigorous flow sequence. This class will help develop flexibility but also core strength. While still an Ashtanga based class, we will explore new and challenging poses that are not part of the traditional sequence. Come dressed ready to sweat.

HATHA YOGA BASICS

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. This class works to fully connect mind/body during each pose and link movement with breath. It is suitable for beginning and advanced students alike.

AQUA YOGA FLOW

A safe, fun and effective practice using the resistance, buoyancy, and healing properties of water. Breathe, stretch and move freely. Great for expectant mothers, persons rehabilitating or with limited mobility, and anyone who is looking for something refreshing and new.

ROCK YOGA


Rock out to your favorite rock tunes with this vigorous Ashtanga-based yoga class - a faster paced class with a little more intensity, yet modifications are taught for a variety of fitness levels.

RESTORATIVE YOGA

Longheld poses encourage the release of the deepest muscle tension and the gentle but steady calming of your nervous system, shifting you into a profound state of relaxation. Learn how to practice restorative poses to help you feel both grounded and supported, making stillness a deeply moving experience.

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. 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.

 **LIVESTRONG**® at the YMCA is a free physical activity and well-being program for cancer survivors, available to members or non-members. Each session runs 2X/week for 12 weeks. For program and schedule info contact Patt at the Y.

Y Specialty Classes

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 BASICS

This class features a series of seated and standing balance exercises for anyone who wants to improve balance, coordination and posture. Better balance helps prevent falls and other accidents.

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.

Youth/Family Classes

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 are always engaged while activities focus on specific goals such as team building, games, personal fitness, sports, dances, play, fitness fun, healthy eating and more! **(Age approx 7-12)**

ZUMBA® KIDS

The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans ages 7-11, where they can play it loud and rock with friends to their own rules! This program features age-appropriate music and moves that get kids moving to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching! **(Age approx 7-12)**

PARENT/TODDLER YOGA

Enjoy quality active time with your child in this interactive, self-discovery class. A perfect bonding experience with you and your toddler.



GET READY FOR SUMMER

ALTRU FAMILY YMCA

Group Fitness Classes

APRIL 2014 (March 31 - May 4)



Water Exercise Classes

CARDIO CORE & STRENGTH

Shallow. Set to motivating music, this class utilizes the benefits of water to maximize your workout while protecting your joints in a low-impact environment. The first half of the class is an invigorating cardio workout, while the second half focuses on core and strength.

AQUA BOOT CAMP

This amazing and intense workout uses the resistance of the water in timed drills and more, involving light and non-impact moves.

MINI BOOT CAMP W/FINNING

Finning is a faster paced class in which participants use fins on their feet and webbed gloves while swimming laps (a variety of strokes). The fins and gloves provide added resistance for a boost in intensity and challenge. Fins and gloves will be available to try.

AQUA FUSION

Try something new! This challenging, high-intensity workout is a great cross-training change of pace. Held in shallow and deep water, this class offers much variety, aerobics combined with Latin dance, Tabata training and kickboxing!

HYDRO CARDIO N' TONE

Hydro Cardio has both shallow and deep water components that will jump-start your heart with a cardiovascular workout and improve muscular strength and endurance, and increase flexibility. Use of resistance/buoyancy equipment optional.

AQUA INTERVAL

Shallow to transitional. This fantastic workout brings interval training to a whole new level of fun! Intervals of cardio combinations and strength/toning that will guarantee a great workout!

CARDIO SPLIT

Take your pick - shallow, deep or a combination workout. these workouts are designed to challenge the cardiovascular and muscular systems. As a bonus, Kathy may do some water polo!

TREADING TUESDAY

A super combo of treading water, finning and tabata (high intensity interval) style water exercise.

AQUA SPLASH

Fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required.

WATER ADVANCED POWER (W.A.P.)

A low impact, high energy workout that provides cross-training for athletes. Get serious about boosting metabolism, endurance, strength and overall fitness.

AQUA YOGA FLOW

A safe, fun and effective practice using the resistance, buoyancy, and healing properties of water. Breathe, stretch and move freely. Great for expectant mothers, persons rehabilitating or with limited mobility, and anyone who is looking for something refreshing and new.

Group Cycling Classes

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. **TABATA** style cycling includes intervals of high intensity exercise and rest periods to improve aerobic and anaerobic performance. **Call Y customer service to reserve your bike.**

INTRO TO Y GROUP CYCLING

Learn proper bike set up, posture, safety, breathing, and everything else you need to know to attend a regularly scheduled Y Group Cycling class! Includes a short demo ride. Important: bring water and wear light clothing. Register at the customer service desk.

Cardio & Strength Combo Classes

B.R.I.C.K. S. WORKOUT™

Bodyweight/Resistance/Interval Circuit/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!

CIRCUIT TRAINING

Get your strength and tone workout in the early hours and feel great all day. This class is a blend of cardio and strength exercises in a circuit format using various pieces of equipment.

NuBODY CARDIO TONE

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 the group in "drill sergeant" style to help you do your best and get the most out of your workout.

Aerobic Dance-Based Classes

MIDDLE EASTERN DANCE

This style of dance (traditional belly dance) is guaranteed to give you a unique, effective and fun cardio workout that targets your core/midsection (hips, abs, trunk), while giving you the added benefits of enhanced flexibility and coordination.

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!)

Strength & Stretch Classes

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.

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. We will use the fitball, BOSU, and other equipment, plus the use of our own body weight. The final total body stretching segment enhances flexibility and leaves you feeling refreshed!