


# SUMMER 2014

## YMCA Adult Group Fitness Classes

Updated: 7/11/14


MON	TUES	WED	THURS	FRI	SAT	SUN
	5:35-6:35 am <b>Spin &amp; Strength</b> Jenny/Koko GR EX/CYCLING ST		5:35-6:35 am <b>Spin &amp; Strength</b> Jenny/Koko GR EX/CYCLING ST		8:15-9:30 am <b>NuBody CARDIO TONE INTERVAL</b> Julie GR EX STUDIO	
9:30-10:20 am <b>SilverSneakers Classic</b> - Cathy GR EX STUDIO (PUR)	9:30-10:20 am <b>Fit For Life</b> Cathy GR EX STUDIO (PUR)	9:30-10:20 am <b>SilverSneakers Classic</b> - Bonnie GR EX STUDIO (PUR)	9:30-10:20 am <b>Fit For Life</b> Cathy GR EX STUDIO (PUR)	9:30-10:20 am <b>SilverSneakers YOGA</b> - Cathy GR EX STUDIO (PUR)	*No class: August 2	
10:30-11:00 am <b>Zumba Gold®*</b> Debbie GR EX STUDIO (PUR)		10:30-11:00 am <b>Balance Basics</b> Patti/Mike GR EX STUDIO (PUR)	<i>Classes are included in your Y membership!</i>		9:30 - 9:45 <b>Core Express</b> Patti STUDIO A/B	
	11:30am-12:00 pm <b>Strength &amp; Sculpt</b> Sonia GR EX STUDIO (PUR)		11:30am-12:00 pm <b>Strength &amp; Sculpt</b> Sonia GR EX STUDIO (PUR)		9:45-10:30 am <b>Yoga</b> Beverly/Marissa YOGA STUDIO	
12:05-1:00 pm <b>Boot Camp</b> Duane MINI GYM	12:05-12:55 pm <b>Yoga</b> Marissa YOGA STUDIO	12:05-1:00 pm <b>Boot Camp</b> Duane MINI GYM	12:05-12:55 pm <b>Yoga</b> Marissa YOGA STUDIO	12:05-12:55 pm <b>ROCK YOGA</b> Shauna YOGA STUDIO		
4:30-5:25 pm <b>NuBody CARDIO TONE</b> GR EX STUDIO - Julie		4:30-5:25 pm <b>NuBody STRENGTH</b> GR EX STUDIO - Amy				
5:30-6:30 pm <b>B.R.I.C.K.S. WORKOUT</b> GR EX STUDIO - Lynda	5:35-6:30 pm <b>NuBody CARDIO TONE</b> GR EX STUDIO - Amy	5:30-6:30 pm <b>B.R.I.C.K.S. WORKOUT</b> GR EX STUDIO - Lynda	5:35-6:30 pm <b>NuBody CARDIO TONE</b> GR EX STUDIO - Maria			
5:30-6:30 pm <b>Yoga</b> Beverly YOGA STUDIO	5:30 - 6:30 pm <b>Zumba®</b> Casey/Angie MINI GYM	5:30-6:30 pm <b>Yoga</b> Beverly YOGA STUDIO	5:30 - 6:30 pm <b>Zumba®</b> Stephanie MINI GYM			
	6:30 pm <b>Hatha Yoga</b> Sue YOGA STUDIO					
	6:40-7:20 pm <b>Abs, Back, Buns &amp; Stretch</b> GR EX STUDIO - Patti		6:40-7:20 pm <b>Abs, Back, Buns &amp; Stretch</b> GR EX STUDIO - Patti			
		6:45 - 7:45 pm <b>Freestyle Barre</b> Casey/Stephanie STUDIO A/B				

**DROP-IN PLAYHOUSE CHID CARE**  
FREE TO MEMBERS  
(Infant - Age 7)  
Mon - Fri 8:15 am - 1:30 pm  
Mon - Thurs 4:15 pm - 8:30 pm

**Y BUILDING HOURS**  
Mon-Thurs 5:30 am - 10:00 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.

Schedule effective May 27, 2014  
© 2014, Altru Family YMCA  
215 N 7th St  
Grand Forks, ND 58203  
6/17/14  
www.gfymca.org • (701) 775-2586




## YMCA Fee-Based Classes

See dates, descriptions and fees on back. Register at Y Customer Service.


6:00-8:00 am <b>Mysore Yoga</b> YOGA STUDIO Shauna/Sarah		6:00-8:00 am <b>Mysore Yoga</b> YOGA STUDIO Shauna/Sarah	See the SUMMER SPECIAL for Mysore - half price for the June 30 - August 8 session!	6:00-8:00 am <b>Mysore Yoga</b> YOGA STUDIO Shauna/Sarah		
5:45 - 6:35 pm <b>INSANITY</b> STUDIO A/B Jen		5:45 - 6:35 pm <b>INSANITY</b> STUDIO A/B Jen	 Are you up for a <b>CHALLENGE!</b> ? Join the <b>90-Day Summertime Power-Up Insanity Challenge!</b> More info on back!			

## YMCA Group Cycling Classes

Updated: 7/11/14

MON	TUES	WED	THURS	FRI	SAT	SUN
5:35 am Gwen		5:35 am Gwen		5:35 am Gwen		
8:30 am Valarie		8:30 am Valarie		8:30 am Valarie	8:30 am Patti 8:30 - 9:25 Cycling	
	12:10 pm Sonia		12:10 pm Sonia	12:10 pm Jen	9:30 - 9:45 <b>CORE EXPRESS</b> STUDIO A/B	
5:00 pm Jolene		5:00 pm Jolene				
	5:30 pm Patti		5:30 pm Patti			

## YMCA Water Exercise Classes ~ Indoor

MON	TUES	WED	THURS	FRI	SAT	SUN
8:30 - 9:30 am <b>Cardio 'n Core</b> Shallow - Mike	8:30 - 9:30 am <b>Boot Camp</b> Deep Kathy	8:30 - 9:15 am <b>New Wave</b> Shallow Saori	8:30 - 9:30 am <b>Aqua Family Fit</b> Shallow/Deep Kathy	8:30 - 9:15 am <b>New Wave</b> Shallow Saori/Kristi	9:00 - 10:00 am <b>Secret Saturday</b> Deep Kathy	
	6:30 - 7:30 pm <b>Total Body Conditioning</b> Shallow/Deep	9:15-10:45 am <b>Pilates</b> Shallow/Deep	6:30 - 7:30 pm <b>Wave Rave</b> Shallow/Deep Kathy/Saori/Hyley	9:15-10:45 am <b>Pilates</b> Shallow/Deep	9:00 - 10:00 am <b>Sssswet</b> Shallow Elise	

## Outdoor Water Exercise Classes @ Elks Pool


Held at Elks Pool. Variety of instructor's and heart pumping music. Enjoy the energy that being outside creates. Fun in the Sun! Call the Y 791-775-2586 if weather looks questionable.

11:00 am <b>Vitamin D</b> Elks Pool	11:00 am <b>Vitamin D</b> Elks Pool	11:00 am <b>Vitamin D</b> Elks Pool	11:00 am <b>Vitamin D</b> Elks Pool	11:00 am <b>Vitamin D</b> Elks Pool
5:15 pm <b>Aqua Attack</b> Elks Pool		5:15 pm <b>Aqua Attack</b> Elks Pool		

**Lap Swim**  
Mon-Fri 6:00-8:15 am  
Mon-Fri 11:30 am-1:00 pm  
M/W/F 6:30-7:30 pm  
Saturday 7:00-9:00 am / 12:00-1:30 pm  
Sunday 11:00 am-1:30 pm

**Family/Open Swim**  
Mon-Fri 2:00-3:25 pm  
M/W/F 7:30-8:30 pm  
Saturday 2:00-5:00 pm  
Sunday 2:00-5:00 pm

## YMCA Youth/Family Fitness

MON	TUES	WED	THURS	FRI	SAT	SUN
		10:00 - 11:00 am <b>Stroller Fit</b> GREENWAY (MEET IN LOBBY) Indoors if inclement weather. Kristin/Kaitlyn Parent/child. Stroller required.				

**FAMILY ZUMBA, HULA HOOPING, SPARK** and other youth/family classes will resume in Fall 2014.

**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.

## YMCA Fee-Based Classes

Register at Y Customer Service.

### 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.

**FREE WEEK: June 23 - 27 • Session 4: June 30 - August 8: Y/Choice members SUMMER SPECIAL: \$45 (reg \$90)**  
**Drop In: \$7 members / \$15 non-members**

### 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 5: June 2 - 25. Session 6: June 30 - July 23. Session 7: July 28 - August 20.**

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

### 90-DAY SUMMERTIME POWER-UP INSANITY CHALLENGE

Are you READY!? Come and join the 90 Day Summertime Power-Up Challenge!! The 90 Day Challenge will include Insanity class twice a week, M/W 5:45pm, bonus workouts, points for doing your own workouts, motivation, and support! There will be prizes for most inches lost, most points earned, and strength improvement. There will also be random drawing for prizes throughout the 90 days! Stay involved and stay active this summer! The fun starts Monday, June 2nd!

**JUNE 2 - AUGUST 22**

**Y/Choice members: \$200 • Non-members: \$300**

## 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.

### 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.



**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.

## Water Exercise Classes

### OUTDOOR CLASSES

Held at the Elks Pool (1002 13th Ave S): Call the Y 791-775-2586 if weather looks questionable.

### AQUA ATTACK

Held at the Elks Pool (1002 13th Ave S) High energy, powerful, uplifting and effective. Burns the butter and tones! The high intensity is great for cardiovascular fitness, coordination and flexibility. All fitness levels welcome.

### VITAMIN D

Held at the Elks Pool (1002 13th Ave S): Several different instructors, all with their own style, but always a great workout! Fun in the Sun!!

### WATER PILATES

Exercise effectively in a gentle environment. Fun, challenging and no stress on back or joints. Allows for core development, muscle tone, flexibility, balance and posture

### SECRET SATURDAY

Could be Water Polo? Could be volleyball? Always includes 30 minutes of core and cardio.

### BOOT CAMP

Intense workout using resistance equipment. Includes lap swimming and creative water drills. Goggles and swim cap suggested.

### AQUA FAMILY FIT

Why leave the kids at home? Get the whole family involved in your workout! A variety of interactive activities, skills and drills utilizing equipment for increasing strength, endurance, and balance, presented as a "game" for parents and kids. Parents must be present with children. Children must be in first grade or above.

### SSSWET

Predominately shallow water 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.

### NEW WAVE

Low impact class with cardio moves to keep the heart pumping. Muscle toning and strengthening will also be incorporated.

### WAVE RAVE

Moderate/High intensity workout utilizing the force of the water to tone and promote overall fitness. This low impact class is fun and refreshing.

### TOTAL BODY CONDITIONING

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

## the Y SUMMER ALTRU FAMILY YMCA Group Fitness Classes

JUNE, JULY, AUGUST 2014 / SUBJECT TO CHANGE & UPDATES  
UPDATED: 7/11/14



## Aerobic Dance-Based Classes

### 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!)

### EGYPTIAN DANCE CARDIO

**DISCONTINUED FOR THE SUMMER - BACK IN FALL 2014.**

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.

## 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

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. Suitable for beginning and advanced students.

### 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.

## Youth/Family Classes

### STROLLER FIT

Get out there and enjoy the weather and physical activity with your child! You wouldn't believe all of the things that you can do while pushing a stroller... we'll go to the Greenway and walk, jog, hop, skip, do push-ups, dips, lunges, squats, abdominal cruches, etc. along the way, involving your child in some of the exercises! Bring hat, sunblock, water, etc.

### FITNESS FAMILY HULA HOOPING

**DISCONTINUED FOR THE SUMMER - BACK IN FALL 2014.**

Hula Hooping is physical activity with a high fun factor and is great for parents and children to do together! We supply high-grade hoops for your use. (Children under age 7 must be accompanied by an adult.)

### FAMILY ZUMBA®

**DISCONTINUED FOR THE SUMMER - BACK IN FALL 2014.**

If you're looking for something fun and healthy to do with your whole family, this is it! Family Zumba® is just like our regular Zumba® class but toned down so everyone can follow along. It's a dynamic, dance-based class set to the fusion of Latin and international music. You'll move through a combination of fast and slow rhythms to tone and sculpt your body. Easy to follow, repetitive dance steps make this a fun workout, and the time will fly!

**All ages to adult - under 7 must be accompanied by a parent/guardian. Adults are welcome to attend without kids too!**

## Cardio & Strength Combo

### 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!

### 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 you to do your best and get the most out of your workout.

### SPIN & STRENGTH

A super mix of group cycling and boot camp strength training - approx 30 minutes each - to give you a great cardio start and a powerful strength finish.

## 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. **Call Y customer service to reserve your bike.**

## Strength & Stretch Classes

### 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!

### CORE EXPRESS

Intense and to the point. This shorter workout targets your core muscles (abs, back and supporting muscles) with effective, no nonsense exercises, complete with a quick 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.

Don't see it here? Do you have a request for a class or program? Please contact Patti at the Y: pmcenroe@gfymca.org / 701-775-2586