

Group Exercise Schedule-At-A-Glance

Altru Family YMCA, Grand Forks, ND

www.gfymca.org • (701) 775-2586

FEBRUARY 2017



	MON	TUES	WED	THURS	FRI	SAT	SUN
5:35 AM	Group Cycling	Group Cycling	Group Cycling	Group Cycling	Group Cycling		
5:45 AM	YOGA		YOGA				
6:05 AM		Strength Tr		Strength Tr			
8:15 AM						NuBody Plus	
8:30 AM	Group Cycling		Group Cycling			Group Cycling	
8:30 AM	Y Water Fit	Boot Camp H2O	Ssswet	Boot Camp H2O	Y Water Fit		
9:00 AM						Ssswet	
9:30 AM	SilverSneakers Classic	Fit For Life	SilverSneakers Circuit	Fit For Life	SilverSneakers Yoga		
9:45 AM						Zumba	
10:00 AM		LIVESTRONG at the YMCA		LIVESTRONG at the YMCA		Heated Yoga	
10:30 AM	Parkinson Wellness		Parkinson Wellness	LIVESTRONG YogaFlex	Drum Rhythms	Aqua Zumba	
11:00 AM	Parkinson Wellness		Parkinson Wellness				
11:30 AM	PiYo	P90X	Suspension "Basic Training"	Strength/Sculpt	PiYo		
12:05 PM		Rock Steady Boxing			Heated Yoga		
12:10 PM			Suspension "Basic Training"				
12:10 PM			Group Cycling	Group Cycling	Group Cycling		
12:20 PM	Cycle & Abs	Group Cycling					
12:30 PM							
1:00 PM							NuBody
1:30 PM		H2O Silver		H2O Silver			
2:00 PM							Group Cycling
2:30 PM							
3:00 PM							Freestyle Barre
3:30 PM							
4:00 PM							Heated Power Flow Yoga
4:30 PM	Cycle Basics			Cycle Basics	Group Cycling		
4:30 PM	NuBody Circuit	NuBody	BOOM Muscle	NuBody			
5:00 PM			BOOM Move It				
5:00 PM	SPARK 5:05	Group Cycling	SPARK 5:05				
5:00 PM	Pilates		Pilates				
5:15 PM	Aqua Zumba shallow		Ssswet shallow				
5:15 PM	Total Body Cond deep		Total Body Cond deep				
5:20 PM	Heated Yoga		Heated Yoga				
5:30 PM	Group Cycling	Heated Yoga	Group Cycling	Group Cycling			
5:30 PM				Heated Yoga			
5:35 PM				Cardio Step		POOL	YOGA STUDIO
5:35 PM	BRICKS	Zumba	BRICKS	Zumba		GR EX (PURP)	A/B (BLUE)
5:45 PM		Meditation	Freestyle Barre			MINI GYM	CYCLING STUDIO
5:45 PM			Boot Camp			STUDIO 2	
6:00 PM	Weigh 2 Change					Altru Outreach Therapy	
6:30 PM		Hatha Yoga					
6:45 PM		Total Body Cond deep		Total Body Cond deep			1/26/2017