

# Group Exercise Schedule-At-A-Glance

March 2018

Altru Family YMCA, Grand Forks, ND

www.gfymca.org • (701) 775-2586

Effective: March 5 - April 1, 2018



	MON	TUES	WED	THURS	FRI	SAT	SUN
5:35 AM	Group Cycling	Group Cycling	Group Cycling	Total Body Fusion	Group Cycling		
5:45 AM	YOGA		YOGA				
6:05 AM		Gr Strength Tr					
8:15 AM						NuBody Plus	
8:30 AM						Group Cycling	
8:30 AM	Y Water Fit	Boot Camp H2O	Y Water Fit	Boot Camp H2O	Y Water Fit/Pilates		
8:45 AM	Group Cycling		Group Cycling				
9:00 AM						Shallow Water Power	
9:30 AM	SilverSneakers Classic	Fit For Life	SilverSneakers Circuit	Fit For Life	SilverSneakers Yoga		
10:00 AM						Heated Yoga	
10:30 AM	Parkinson Wellness	Rock Steady Boxing	Parkinson Wellness				
10:30 AM	Parkinson Wellness	LIVESTRONG Yoga Flex	PWR! Cycle	LIVESTRONG Yoga Flex			
11:30 AM	PiYo	P90X		Strength/Sculpt	PiYo		
12:05 PM		Yoga (gentle)		Yoga (gentle)			
12:10 PM			Suspension Training				
12:10 PM			Group Cycling	Group Cycling	Group Cycling		
12:15 PM					SpeedPack Running Group		
12:20 PM	Cycle & Abs	Group Cycling					
1:00 PM							NuBody Tone
1:30 PM		Silver Splash		Silver Splash			Group Cycling
2:00 PM		Senior Weight Tr					
4:00 PM	LIVESTRONG at the YMCA		LIVESTRONG at the YMCA				
4:30 PM		Cycle Basics		Cycle Basics			
4:30 PM	NuBody Circuit	NuBody	BOOM Muscle	NuBody	BOOM Muscle		
5:00 PM			BOOM Move It		BOOM Move It		
5:00 PM	SPARK 5:05		SPARK 5:05				
5:15 PM	Pilates		Pilates				
5:15 PM	Shallow Water Power		Shallow Water Power				
5:15 PM	Total Body Cond deep		Total Body Cond deep				
5:30 PM	Group Cycling	Group Cycling		Group Cycling		GR EX (PURP)	A/B (BLUE)
5:30 PM	Heated Yoga		Heated Yoga				
5:30 PM		Weigh 2 Change	Weigh 2 Change	Reserved for Rock Steady Boxing		MINI GYM	CYCLING STUDIO
5:35 PM	BRICKS	Step & Strength	BRICKS	Step & Strength		STUDIO 2	McElroy Comm
5:45 PM			Boot Camp	Reserved for Rock Steady Boxing		Altru Outreach Therapy	LOBBY
6:00 PM	Weigh 2 Change	Art For Vets		Reserved for Rock Steady Boxing		Fitness Center	Comm Room 2
6:45 PM		Total Body Cond deep		Total Body Cond deep			3/1/2018