

Group Exercise Schedule-At-A-Glance

Altru Family YMCA, Grand Forks, ND

www.gfymca.org • (701) 775-2586

November 2017



	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		
8:45 AM	Group Cycling		Group Cycling				
9:00 AM						Shallow Water Power	
9:20 AM	Aqua Pilates				Aqua Pilates		
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	Music Therapy (Neurologic)	Parkinson Wellness Option-Lobby	Y Water Fit	
10:30 AM		LIVESTRONG Yoga Flex	PWR! Cycle	LIVESTRONG Yoga Flex			
11:30 AM	PiYo	P90X		Strength/Sculpt	PiYo		
12:05 PM		Yoga (gentle)		Yoga (gentle)	Beginner YOGA		
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		SilverSneakers Splash		SilverSneakers Splash			Group Cycling
2:00 PM							
4:15 PM			Heated Yoga				
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		Aqua Zumba				
5:15 PM	Total Body Cond deep		Total Body Cond deep				
5:20 PM	Heated Yoga					POOL	YOGA STUDIO
5:30 PM	Group Cycling	Group Cycling		Group Cycling		GR EX (PURP)	A/B (BLUE)
5:30 PM		Weigh 2 Change	Weigh 2 Change			MINI GYM	CYCLING STUDIO
5:35 PM	BRICKS		BRICKS			STUDIO 2	Comm RM
5:45 PM			Boot Camp			Altru Outreach Therapy	LOBBY
6:00 PM	Weigh 2 Change		Intro to Group Cycling Nov 15				
6:45 PM		Total Body Cond deep		Total Body Cond deep			10/26/2017