

Group Exercise Schedule-At-A-Glance

Altru Family YMCA, Grand Forks, ND

www.gfymca.org • (701) 775-2586

October 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				
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		Parkinson Wellness	Music Therapy Neurologic	Parkinson Wellness Option-Lobby	Y Water Fit	
10:30 AM			PWR! Cycle	LIVESTRONG Yoga Flex			
11:30 AM	PiYo	P90X		Strength/Sculpt	PiYo		
12:05 PM		Rock Steady Boxing					
12:05 PM		Yoga (gentle)		Yoga (gentle)			
12:10 PM			Suspension "Basic Training"				
12:10 PM			Group Cycling	Group Cycling	Group Cycling		
12:20 PM	Cycle & Abs	Group Cycling					
1:00 PM							NuBody Tone
1:30 PM		SilverSneakers Splash		SilverSneakers Splash			
2:00 PM							Group Cycling - starts Oct 15
4:15 PM			Heated Yoga				
4:30 PM				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 - starts Oct 16		Pilates - starts Oct 16				
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	
6:00 PM	Weigh 2 Change						
6:45 PM		Total Body Cond deep		Total Body Cond deep			9/29/2017