

ACTIVE OLDER ADULT & SLOWER PACED

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.

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! This easy to follow program lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh. Modified, low impact moves are great for active older adults and all ages.

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.

YOUTH & FAMILY

SPARK Kids Fitness

With a focus on active participation and practice, youth improve fitness, skills, and enjoyment of physical activity. Youth learn self-responsibility, teamwork, and socialization skills by participating in team building, games, sports, dance, play, personal fitness and more. Age approx 8 - 12.

Coming June 1: Tin Man Ironman Triathlon

YMCA SPECIALIZED PROGRAMS

YMCA FitStart™ For New or Returning Exercisers

FitStart is a program for the new or returning exerciser. If you want to start a fitness routine or if you have been away from exercise and want to get back on track, this program is for you. Includes a food/activity journal. Enroll at Y Member Services. Valarie Wood, instructor.

Y/Choice members: \$10 (one time fee) Members may participate as long as they wish.
Non-members: \$45 (includes 4-week YMCA membership) Non-member repeat fee: \$53

LIVESTRONG at the YMCA

A free physical activity and well-being program for cancer survivors. For schedules, call or visit our web site.

National Diabetes Prevention Program

A lifestyle change program designed to bring you out of the prediabetes range with healthy eating, physical activity and weight loss. For schedules, call or visit our web site.

MIND / BODY

Light Yoga

A slower-paced class, featuring light stretches and gentle yoga poses while focusing on breath awareness and relaxation. This is a great class choice for beginning students.

Empower Yoga

A happy yoga medium, bringing complementary forces of yin and yang together for a dynamic blend of physical yoga flow and intentions and affirmations to empower ourselves. Reduce stress and release tension for full spirit, mind and body.

Heated Power Yoga Flow

Inclusive to beginners and experienced students, each class encompasses an energizing flow of diverse postures linking movement to breath to build concentration, strength, balance and flexibility. Come prepared to work vigorously and relax deeply. Dr. Kyle Flack, instructor.

Pilates

Improve your posture, strengthen your back and abdominal muscles, increase flexibility, prevent stress and back pain, tone muscles and sharpen your mind/body connection - with simultaneous stretching and strengthening in a non-impact balanced system.

Vinyasa Pilates

A fusion of Vinyasa Flow Yoga and traditional Pilates with an emphasis on smooth, continual movement, synchronized with breath, to improve strength, balance, flexibility & posture.

INDOOR GROUP CYCLING

Y Group Cycling

One of the best cardiovascular and muscular endurance workouts available including a series of fun drills, hill climbs, races, etc., and ending with a cool down/stretch. Call Member Services on class day to reserve your bike. Watch for posted INTRO classes to help you get started.

AEROBIC DANCE-BASED

ZUMBA® Fitness

Hypnotic Latin rhythms and easy to follow moves create a dynamic fitness program that you will love. Experience an absolute blast in an exhilarating session of calorie burning, body energizing, awe inspiring moments. Also available: **Zumba Gold** (see description under active older adult).

YMCA Building Hours

Mon - Thurs 5:30 am - 10:30 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, gyms, exercise studios and racquetball courts close 15 minutes prior to building closing hours.**

Drop-in Playhouse Child Care Hours

Mon - Fri 8:30 am - 1:15 pm
Mon - Thurs 4:00 - 7:00 pm
** Fees apply.**

Daily Guest Fees: Adult \$10 / Youth \$5



Altru Family YMCA
215 N 7th St
Grand Forks, ND 58203
www.gfymca.org
(701) 775-2586



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE THIS YOUR BEST SPRING

ALTRU FAMILY YMCA

Group Fitness Classes

Free to YMCA/Choice members unless otherwise noted.
(701) 775-2586 / www.gfymca.org / Contact: Patti McEnroe

SPRING 2015

Updated: April 28



CARDIO & STRENGTH COMBO

B.R.I.C.K.S.

(Bodyweight, Resistance, Interval, Cardio, 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. You'll have fun and feel great.

NuBody

Prepare to be motivated! This intense, high-energy workout features cardio, muscle toning and flexibility work, with music that will move you and results that will keep you coming back.

Boot Camp

This intense and advanced boot camp style class features a creative variety of challenging total body moves using a wide variety of equipment. Your instructor will motivate you to push and do your best!

STRENGTH & STRETCH

Group Strength Training

Build upper and lower body muscle using a variety of equipment in a convenient group setting. Utilize dumbbells, cardio barbells, body bars, elastic resistance and more, to get the results you want.

PiYo

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. Dynamic, flowing sequences deliver a fat-burning, low impact workout.

Abs, Back, Buns & Stretch

Dynamic core exercises will help strengthen your abdominals, back, glutes and supporting muscles to help keep you strong and balanced from the inside out. A stretch segment leaves you feeling refreshed.

Core Express

Intense and to the point: strengthen your core with proven exercises for your abs, back, buns, posture and balance.

Freestyle Barre

A fusion of ballet, yoga and pilates mat work to develop lean, long muscles, improve posture, and develop core strength. Controlled movements focus on body alignment.

Strength & Sculpt

This ultimate total-body strength & balance workout utilizes weights, bands, balls, bars, and more - along with your own body weight - to give you the perfect complement to your cardio training.

WATER EXERCISE

Aqua Zumba

Low impact and high energy, Aqua Zumba blends Zumba philosophy with water resistance. There's less impact on your joints so you can really let loose. Don't miss this pool party!

Water Fit

A low-impact alternative to traditional land aerobics with the intensity you want. Aerobic activity and strength exercises allow you to reach your fitness goals and protect your joints.

Boot Camp H₂O

This exciting & challenging workout incorporates cardiovascular work, strength, and core training, setting new standards in water based fitness. A great challenge for all ages.

Water Pilates

Strengthen your core, back, and entire body - and enhance your posture, alignment, and flexibility. A great alternative to mat Pilates classes for people with limited mobility.

Ssswet

This class features a variety of moves with and without equipment. Designed to burn calories and make you sweat! Suitable for all levels - modifications for moves will be instructed.

SilverSneakers® Splash

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Total Body Conditioning

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

Water Tabata


Tabata includes intervals of high intensity exercise and rest periods provide heart-pumping cardio, muscle and balance training while jamming to the latest tunes.

Kickboxing

Crank up the intensity! Kickboxing in the water gives you 7X the resistance of air with minimum stress on your joints. You will work hard and feel the benefits.

MON TUES WED THURS FRI SAT SUN


AEROBIC & CARDIO / STRENGTH COMBO

12:05 - 1:00 pm Boot Camp Duane MINI GYM	5:35 - 6:15 AM Spin & Strength Jenny/Koko GR EX STUDIO	12:05 - 1:00 pm Boot Camp Duane MINI GYM	5:35 - 6:15 AM Spin & Strength Jenny/Koko GR EX STUDIO	8:15 - 9:30 am NuBody PLUS -Julie GR EX STUDIO	
5:30 - 6:30 pm B.R.I.C.K.S. Lynda GR EX STUDIO	4:30 - 5:30 pm NuBody Julie GR EX STUDIO	5:30 - 6:30 pm B.R.I.C.K.S. Lynda GR EX STUDIO	4:30 - 5:30 pm NuBody Julie GR EX STUDIO	1:00 - 2:00 pm NuBody Toning -Julie GR EX STUDIO	
	5:35 - 6:35 pm Zumba® Steph/Angie GR EX STUDIO		5:35 - 6:35 pm Zumba® Steph/Angie GR EX STUDIO		

SPECIALTY / ACTIVE OLDER ADULT / NEW EXERCISER

9:30 - 10:20 am SilverSneakers® Classic Cathy GR EX STUDIO	9:30 - 10:20 am Fit For Life Cathy GR EX STUDIO	9:30 - 10:20 am SilverSneakers® Classic Bonnie GR EX STUDIO	9:30 - 10:20 am Fit For Life Cathy GR EX STUDIO	9:30 - 10:20 am SilverSneakers® Yoga Cathy GR EX STUDIO	
10:30 - 11:00 am Zumba Gold Debbie GR EX STUDIO				10:30 - 11:00 am Drums Alive Patti/Debbie GR EX STUDIO	
9:45 - 10:45 am Fit Start Valarie STUDIO A/B Registration Required		9:45 - 10:45 am Fit Start Valarie STUDIO A/B Registration Required			

MIND / BODY - All classes are offered in the Heated Yoga Studio unless otherwise noted -


6:00 - 9:00 am Self Practice	6:00 - 9:00 am Self Practice	6:00 - 9:00 am Self Practice	6:00 - 9:00 am Self Practice	6:00 - 9:00 am Self Practice	7:00 - 9:15 AM Self Practice	
11 am - 1:45 pm Self Practice	11 am - 11:45 am Light Yoga Marissa	11 am - 1:45 pm Self Practice	11 am - 11:45 am Light Yoga Marissa	9:30 - 10:15 am Pilates Valarie *STUDIO A/B*	9:45 - 10:45 am Vinyasa Pilates Lynda	
3:00 - 6:45 pm Self Practice	3:00 - 6:15 pm Self Practice	3:00 - 5:00 pm Self Practice	3:00 - 6:15 pm Self Practice	11 am - 4 pm Self Practice		
7:00 - 8:15 pm Hatha Yoga Brian	6:40 - 7:25 pm Pilates Sheila	5:30 - 6:35 pm Heated Power Flow Yoga - Kyle	6:40 - 7:25 pm Pilates Sheila			
		7:00 - 8:15 pm Hatha Yoga Sue				

Self Practice Yoga
1. Sign in & out at Y Member Services.
2. Key must be signed out and returned.
3. Follow posted guidelines.
4. Stay properly hydrated.


4:00 - 5:00 pm
Heated Power Flow Yoga - Kyle

MON TUES WED THURS FRI SAT SUN


STRENGTH & STRETCH

5:35 - 6:25 pm PiYo Jen STUDIO A/B	11:30 am - 12:05 pm PiYo Sonia GR EX STUDIO	5:35 - 6:25 pm PiYo Jen STUDIO A/B	11:30 am - 12:05 pm Strength & Sculpt Sonia GR EX STUDIO	11:30 am - 12:05 pm PiYo Sonia GR EX STUDIO	
6:40 - 7:30 pm Group Strength Training - Stan GR EX STUDIO	6:40 - 7:20 pm Abs, Back, Buns & Stretch - Patti GR EX STUDIO	6:40 - 7:30 pm Group Strength Training - Stan GR EX STUDIO	6:40 - 7:20 pm Abs, Back, Buns & Stretch - Patti GR EX STUDIO		3:00 - 3:30 pm Core Express Patti GR EX STUDIO
		6:45 - 7:45 pm Freestyle Barre Steph STUDIO A/B			

GROUP CYCLING


5:35 am Gwen	5:35 am Jenny	5:35 am Gwen	5:35 am Jenny	5:35 am Gwen	
8:30 am Valarie		8:30 am Valarie		8:30 am Valarie	8:30 am Jessica
5:00 pm Jolene	12:10 pm Sonia	5:00 pm Jessica	12:10 pm Sonia	12:10 pm Jen	
	5:30 pm Patti		5:30 pm Patti		2:00 pm Patti

WATER EXERCISE


8:30 - 9:15 am Y Water Fit Shallow - Saori	8:45 - 9:45 am Boot Camp H2O Shallow - Molly	8:30 - 9:30 am Y Water Fit Shallow - Molly	8:45 - 9:45 am Boot Camp H2O Shallow/Deep - Kathy	8:30 - 9:15 am Y Water Fit Shallow - Saori	9:00 - 10:00 am Ssswet Shallow - Elise	
9:15 - 9:45 am Water Pilates Shallow/Deep Saori	1:30 - 2:20 pm SilverSneakers® Splash Shallow - Hyley GR EX STUDIO		1:30 - 2:20 pm SilverSneakers® Splash Shallow - Hyley GR EX STUDIO	9:15 - 9:45 am Water Pilates Shallow/Deep Saori	9:00 - 10:00 am Boot Camp H2O Deep - Kathy/Julie/Kelly	
5:15 - 6:00 pm Ssswet Shallow - Elise	6:00 - 7:00 pm Total Body Conditioning Shallow - Becky Deep - Julie	5:15 - 6:00 pm Ssswet Shallow - Elise	6:00 - 7:00 pm Water Tabata Deep - Julie		10:30 am Aqua Zumba Shallow - Sam	
5:15 - 6:00 pm Total Body Conditioning Deep - Becky	7:00 pm Kickboxing Shallow - Sam		7:00 pm Aqua Zumba Shallow - Sam			

Lap Swim
Mon-Fri 6:00 - 8:25 am
Mon-Fri 11:30 am - 1:25 pm
MW/F 6:00 - 7:00 pm
Saturday 7:00 - 9:00 am / 12:00 - 1:30 pm
Sunday 11:00 am - 1:30 pm

Family/Open Swim
MW/F 7:00 - 8:30 pm
Saturday 2:00 - 5:00 pm
Sunday 2:00 - 5:00 pm



YOUTH & FAMILY FITNESS

5:25 - 6:45 pm SPARK® Kids Fitness Kaitlyn/Janelle MINI GYM Age approx 8+	5:25 - 6:45 pm SPARK® Kids Fitness Kaitlyn/Janelle MINI GYM Age approx 8+	
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Youth Fitness Membership
Youth age 10+ who attend Y.F.M. training may use designated equipment in the Fitness Center. To schedule an appointment, call the Fitness Center or stop in at the Fitness Center Desk.