

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.

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.

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.

Vinyasa Flow Yoga

This Vinyasa style yoga class flows at a moderate to fast pace connecting breath and movement and is designed for all skill levels. Vinyasa Flow Yoga will challenge you, help build your strength and increase your flexibility. Bring your energy and prepare to sweat! Beginners are welcome!

Hatha Yoga

Hatha yoga emphasizes alignment and precision to fully engage mind and body with each pose. Slightly slower paced than Power Yoga, this class is excellent for beginner to intermediate students.

YMCA SPECIALIZED PROGRAMS

LIVESTRONG® at the YMCA

A free physical activity and well-being program for cancer survivors. Build strength, balance, flexibility, endurance and overall well-being. Free. Contact Patti McEnroe or Mike Bonewell. **Summer schedule: June 8 - August 26.**

YMCA Parkinson Wellness Program


A program designed to improve the lives of people living with Parkinson Disease, including BRAIN PWR! and PHYSICAL PWR! Classes include 30 minutes of activities to optimize brain function and 60 minutes of physical activity to improve balance, posture, and more. Classes are conducted in a group setting and focus on FUNctionality! Contact Roxee Jones. **Mon/Wed 10:30 am - noon.**

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. The current schedule is wrapping up. Contact Patti McEnroe. **Fall class schedule TBA.**

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. Contact Patti at the Y. Enroll at Y Member Services. **Summer - schedule by appointment.**



Altru Family YMCA
215 N 7th St
Grand Forks, ND 58203
www.gfymca.org
(701) 775-2586
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YMCA Building Hours
Mon - Thurs 5:30 am - 10:00 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

UPCOMING EVENTS

YMCA FIRECRACKER 5K/10K - July 4

THOMPSON TROT - July 11

YMCA TIN MAN IRONMAN Family Triathlon ends July 25.

DIVA DASH 5K/10K - August 22

COLOR RUN - August 29




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE THIS YOUR BEST SUMMER

ALTRU FAMILY YMCA Group Fitness Classes

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



CARDIO & STRENGTH COMBO

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!

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.

New!

P90X® LIVE

A rich variety of intense routines from cardio to resistance training, strength training, plyometrics, ab work and more. Using the science of Muscle Confusion™, P90X constantly switches things up to help you bust through plateaus. Modifications are offered so people at any level can participate. Free to members. Non-members: \$10/class or \$55/4-week pass.

STRENGTH & STRETCH

PiYo® LIVE

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.

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.

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.

TBC - Total Body Conditioning

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

Total Tuesday

A total body workout from head to toe!

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.

Vitamin D - Outdoors @ Elks Pool

Refreshing, invigorating and just plain fun. Get outdoors for your aerobic water fitness experience and enjoy the benefits of the water and the North Dakota summer!

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.


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.

MON TUES WED THURS FRI SAT SUN


AEROBIC & CARDIO / STRENGTH COMBO

12:05 - 1:00 pm Boot Camp INDOOR/OUTDOOR Duane MINI GYM <i>*no class July 6</i>	5:35 - 6:30 AM Spin & Strength Jenny/Koko 5:30 cycle/6:00 strength GR EX STUDIO	12:05 - 1:00 pm Boot Camp INDOOR/OUTDOOR Duane MINI GYM	5:35 - 6:30 AM Spin & P90X® LIVE Jenny/Koko 5:30 cycle/6:00 P90X GR EX STUDIO	8:15 - 9:30 am NuBody PLUS -Julie GR EX STUDIO	
5:35 - 6:25 pm NuBody Julie GR EX STUDIO	11:30 am - 12:15 pm P90X® LIVE Sonia GR EX STUDIO	5:35 - 6:25 pm B.R.I.C.K.S. Lynda GR EX STUDIO	4:30 - 5:30 pm NuBody Julie GR EX STUDIO	NEW! P90X® LIVE Free to Y/Choice Members. Non-member passes available.	
6:10 - 6:55 pm P90X® LIVE Jen MINI GYM	4:30 - 5:30 pm NuBody Julie GR EX STUDIO	6:10 - 6:55 pm P90X® LIVE Jen MINI GYM	5:35 - 6:35 pm Zumba® Steph GR EX STUDIO <i>*no class July 9*</i>		

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	
9:45 - 11:00 am LIVESTRONG at the YMCA June 8 - Aug 26 Patti/Mike-STUDIO A/B	9:45 - 11:00 am LIVESTRONG at the YMCA June 8 - Aug 26 Patti/Mike-STUDIO A/B			10:30 - 11:00 am Drums Alive Patti GR EX STUDIO	
10:30 am-12:00 pm PARKINSON Wellness Roxee, Cathy, Emi GROUP EX STUDIO	10:30 am-12:00 pm PARKINSON Wellness Roxee, Cathy, Emi GROUP EX STUDIO				


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

6:00 am - 5:00 pm Self Practice	6:00 - 7:00 am Vinyasa Flow Yoga Jill <i>*no class June 30</i>	6:00 am - 5:00 pm Self Practice	6:00 - 7:00 am Vinyasa Flow Yoga Jill <i>*no class July 2</i>	6:00 am - 4:00 pm Self Practice	7:00 am - 3:00 pm Self Practice	
6:45 pm Hatha Yoga Sue	11:00-11:45 am Light Yoga Cassie	6:45 pm Hatha Yoga Sue	11:00-11:45 am Light Yoga Cassie	4:00 - 5:00 pm Heated Power Flow Yoga Kyle		
	12:05-12:55 pm Empower Yoga Marissa		12:05-12:55 pm Empower Yoga Marissa			

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

MON TUES WED THURS FRI SAT SUN


STRENGTH & STRETCH

11:30 am - 12:05 pm PiYo® LIVE Sonia STUDIO A/B		11:30 am - 12:05 pm Strength & Sculpt Sonia GR EX STUDIO	11:30 am - 12:05 pm PiYo® LIVE Sonia GR EX STUDIO	
5:35 - 6:05 pm PiYo® LIVE Jen - MINI GYM (P90X® LIVE) Follows at 6:10 pm)	6:40 - 7:10 pm Abs, Back & Buns Patti GR EX STUDIO	5:35 - 6:05 pm PiYo® LIVE Jen - MINI GYM (P90X® LIVE) Follows at 6:10 pm)	6:40 - 7:10 pm Abs, Back & Buns Patti GR EX STUDIO	
		5:45 - 6:45 pm Freestyle Barre Steph/Casey STUDIO A/B <i>*no class July 8</i>		

GROUP CYCLING


5:35 am Gwen	5:35 am Jenny Strength follows at 6:00.	5:35 am Gwen	5:35 am Jenny P90X follows at 6:00.	8:30 am Valarie	8:30 am Patti/Staff	
8:30 am Valarie	12:20 pm 40 min - Sonia	8:30 am Valarie	12:10 pm 40 min - Sonia	5:00 pm Jolene	5:30 pm Patti	
5:00 pm Jolene	5:30 pm Patti	5:00 pm Jessica	5:30 pm Patti			

WATER EXERCISE

8:30 - 9:30 am Y Water Fit Shallow - Kristi	8:45 - 9:45 am Boot Camp H2O Shallow - Kathy	8:30 - 9:30 am Y Water Fit Shallow - Saori	8:45 - 9:45 am Boot Camp H2O Shallow/Deep - Kathy	8:30 - 9:30 am Y Water Fit Shallow - Saori	9:00 - 10:00 am Ssswet Shallow - Elise	
11:00 - noon Vitamin D ELKS POOL Elise	11:00 - noon Vitamin D ELKS POOL Molly	11:00 - noon Vitamin D ELKS POOL Elise	11:00 - noon Vitamin D ELKS POOL Kathy/Elise	11:00 - noon Vitamin D ELKS POOL Kathy	10:30 am Aqua Zumba Shallow - Sam	
5:15 - 6:00 pm Vitamin D ELKS POOL Sam B	6:30 - 7:30 pm TBC Shallow - Becky Total Tuesday Deep - Julie	5:15 - 6:00 pm Aqua Zumba ELKS POOL Sam S	6:30 - 7:30 pm Aqua Zumba Shallow - Sam			

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

Family/Open Swim
Mon-Fri 2:00 - 3:30 pm
M/W/F 7:30 - 8:30 pm
Saturday 2:00 - 5:00 pm
Sunday 2:00 - 5:00 pm



YOUTH & FAMILY FITNESS

SPARK Kids Fitness
Will return in the fall.

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.

