

## WATER EXERCISE

### 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!

### 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.

### Total Body Conditioning

A great combination of cardio and weight training in deep water. Participants should be comfortable in the water. Flotation devices are provided.

### Boot Camp H<sub>2</sub>O

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

## MIND / BODY – HOT YOGA STUDIO

### Heated Vinyasa Pilates

This yoga/Pilates fusion class includes interval training, strength conditioning, and bodyweight resistance exercises in a heated environment. Functional strength exercises help to increase range of motion, improve posture, increase flexibility and improve balance. You will sculpt and strengthen your whole body in this challenging but fun class.

### 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. Prepare to work vigorously and relax deeply.

### 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 and intermediate students.

### Heated Yoga

A traditional Hatha Yoga class in a heated environment. Benefits may include: efficient metabolism; detoxification; safe, easy stretching; improved spinal integrity and nervous system function; enhanced mental focus; and more.

## YOUTH FITNESS

### SPARK™ Kids Fitness

SPARK has been discontinued for the summer months and will return this fall.

## 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® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

### 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.

### SilverSneakers® Splash

Activate your urge for variety! SilverSneakers 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 kickboard or other aquatic equipment is used to improve strength, balance and coordination.

### 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.

### Balance & Posture

This class features specific seated and standing exercises targeted to improve posture, balance, and strength. Break bad posture habits and strengthen your core for better appearance and less chance of tripping or falling.

## Y SPECIALTY PROGRAMS

### LIVESTRONG® at the YMCA

*A physical activity and well-being program for cancer survivors at no charge. Contact Patti McEnroe or Mike Bonewell.*

### YMCA Parkinson Wellness Program

*A program designed to mentally and physically improve the lives of people living with Parkinson Disease. Contact Roxee Jones.*

### Weigh 2 Change – Lifestyle Change Program

*Change your life with healthy eating, physical activity and weight loss. Contact Patti McEnroe.*

### P90X® LIVE

*Resistance, strength, plyometrics, core and more! Free to members. Non-members: \$10/class or \$55/4-week pass.*



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## HELPING YOU BE YOUR BEST

### ALTRU FAMILY YMCA Group Fitness Classes

Free to YMCA/Choice members unless otherwise noted.  
(701) 775-2586 / www.gfymca.org / Contact: Patti McEnroe  
Schedule is subject to change at any time.



July 5 – 31, 2016



## CARDIO & CARDO/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!

### 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.

### 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.

### 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.

### SUSPENSION “BASIC TRAINING”

Using TRX suspension trainers, BOSUs, balls and other equipment, this body weight class will challenge you in every way for a super strong upper body, lower body and core. Call Member Services on class day to reserve your spot.

## 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.

## STRENGTH, STRETCH & CORE

### PiYo® LIVE

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

### 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.

## CLASS GUIDE

*Not sure which classes are right for you? All classes can be modified to be more or less intense. Always consult with the instructor if you have questions or concerns. Contact Patti or Mike for help with planning your classes.*

### I'M JUST GETTING STARTED

You might try: Drums Alive; Balance & Posture; Group Cycling; Zumba; NuBody; Freestyle Barre; Strength & Sculpt; Hatha Yoga; Shallow End Water Exercise classes; SilverSneakers Classic, Circuit & Yoga; Fit For Life.

### I'M EXPERIENCED WITH GROUP EXERCISE

Most classes on the schedule are appropriate with modifications if needed. If you're not sure, attend a class and visit with the instructor.

### I WANT TO PUSH MYSELF

Classes with more intensity include: PiYo; P90X; Boot Camp; Group Cycling; and Suspension Basic Training. Always consult with the instructor if you are new to the class to make sure it will be appropriate for you.

### I HAVE HEALTH & PHYSICAL CONCERNS THAT LIMIT MY MOBILITY

Classes that utilize a chair are a good choice: SilverSneakers Classic, SilverSneakers Circuit & SilverSneakers Yoga; Fit For Life; Balance & Posture; Drums Alive; and Parkinson Wellness Recovery. Sitting and standing are optional in these classes. Shallow end water exercise classes are also appropriate for those comfortable in the water. Group Cycling is an option if you are comfortable with sitting on the bike.



Altru Family YMCA  
215 N 7th St  
Grand Forks, ND 58203  
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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 YMCA Guest Fees: Adult \$10 / Youth \$5

**MON TUES WED THURS FRI SAT SUN**

**CARDIO / CARDIO, STRENGTH COMBO**


11:30 am - 12:05 pm <b>PiYo® LIVE</b> Sonia STUDIO A/B	6:00 AM <b>Upper Body Strength &amp; Core</b> Koko GR EX STUDIO <b>** No class July 5**</b>	4:30 - 5:25 pm <b>NuBody</b> Reg/Circuit - Amy GR EX STUDIO	6:00 AM <b>Upper Body Strength &amp; Core</b> Koko GR EX STUDIO <b>** No class July 7**</b>	11:30 am - 12:05 pm <b>PiYo® LIVE</b> Sonia GR EX STUDIO	8:15 - 9:30 am <b>NuBody PLUS</b> -Julie GR EX STUDIO	
5:35 - 6:05 pm <b>PiYo® LIVE</b> Jen STUDIO A/B	11:30 am - 12:15 pm <b>P90X® LIVE</b> Sonia GR EX STUDIO	5:35 - 6:05 pm <b>PiYo® LIVE</b> Jen GR EX STUDIO	4:30 - 5:30 pm <b>NuBody</b> Maria GR EX STUDIO			
6:10 - 6:55 pm <b>P90X® LIVE</b> Jen STUDIO A/B	4:30 - 5:30 pm <b>NuBody</b> Julie GR EX STUDIO	6:10 - 6:55 pm <b>P90X® LIVE/ BOOT CAMP</b> Jen GR EX STUDIO	5:35 - 6:35 pm <b>Zumba®</b> Steph GR EX STUDIO			
	5:35 - 6:35 pm <b>Zumba®</b> Casey GR EX STUDIO					

**SPECIALTY / ACTIVE OLDER ADULT / NEW EXERCISER**

9:30 - 10:20 am <b>SilverSneakers® Classic</b> Cathy GR EX STUDIO	9:30 - 10:20 am <b>Fit For Life</b> Cathy GR EX STUDIO	9:30 - 10:20 am <b>SilverSneakers® Circuit</b> Bonnie GR EX STUDIO	9:30 - 10:20 am <b>Fit For Life</b> Cathy GR EX STUDIO	9:30 - 10:20 am <b>SilverSneakers® Yoga</b> Cathy GR EX STUDIO	
10:30 - 11:00 am <b>Balance &amp; Posture</b> Cathy/Patti GR EX STUDIO		10:30 - 11:00 am <b>Balance &amp; Posture</b> Patti GR EX STUDIO		10:30 - 11:00 am <b>Drums Alive</b> Patti/Celeste GR EX STUDIO	
10:30 am-12:00 pm <b>PARKINSON Wellness</b> Roxee, Jackie, Celeste Altru Outreach/GR EX ST	5:30 - 6:30 pm <b>WEIGH 2 CHANGE</b> July 12 - McElroy/ Edwards Comm Rm	10:30 am-12:00 pm <b>PARKINSON Wellness</b> Roxee, Jackie, Celeste Altru Outreach/GR EX ST			


**MIND / BODY**

\*\*All classes are offered in the **Hot Yoga Studio** unless otherwise noted. Temperatures vary. **Heated = approx. 90° / Humidity 40% / Non-heated = approx. 75° - 85°**

6:00 am - 4:00 pm <b>Self Practice</b>	6:00 am - 4:00 pm <b>Self Practice</b>	6:00 am - 4:00 pm <b>Self Practice</b>	6:00 am - 4:00 pm <b>Self Practice</b>	6-11 am / 2-4 pm <b>Self Practice</b>	7:00 am - 5:00 pm <b>Self Practice</b>	
5:20 pm <b>Heated Yoga</b> Beverly	6:30 - 7:30 pm <b>Hatha Yoga</b> Sue	5:20 pm <b>Heated Yoga</b> Beverly	<b>Self Practice</b> YMCA/CHOICE members only. 1. Sign in & out at the Fitness Center Desk. 2. Key must be signed out and returned. 3. Lock doors and turn off lights after practice. 3. Follow posted guidelines. 4. Stay properly hydrated.	9:30 - 10:20 am <b>SilverSneakers® Yoga</b> - Cathy <b>**GR EX STUDIO**</b>	10:00 am <b>Yoga on the Greenway</b> Beverly <b>**Weather permitting. Park behind the Toasted Frog. Class will be held on the Greenway. If it rains or storms, class will be held indoors at the Y.**</b>	11:00 am - 3:45 pm <b>Self Practice</b>
6:30 pm <b>Heated Vinyasa Pilates**</b> Lynda <b>**No class July 5 - 20. Class will resume July 25.**</b>		6:30 pm <b>Heated Vinyasa Pilates**</b> Lynda <b>**No class July 5 - 20. Class will resume July 25.**</b>		12:05 - 1:00 pm <b>Heated Yoga</b> Beverly	4:00 - 5:00 pm <b>Heated Power Flow Yoga</b> Kyle	

**MON TUES WED THURS FRI SAT SUN**

**STRENGTH / STRETCH & CORE**


11:30 am - 12:05 pm <b>PiYo® LIVE</b> Sonia STUDIO A/B		11:30 am - 12:05 pm <b>Suspension "Basic Training"</b> 12:10 - 12:45 pm <b>Suspension "Basic Training"</b> Sonia - STUDIO A/B <b>** Call on class-day to reserve your spot for either class **</b>	11:30 am - 12:05 pm <b>Strength &amp; Sculpt</b> Sonia GR EX STUDIO	11:30 am - 12:05 pm <b>PiYo® LIVE</b> Sonia GR EX STUDIO	
5:35 - 6:05 pm <b>PiYo® LIVE</b> Jen GR EX STUDIO		5:35 - 6:05 pm <b>PiYo® LIVE</b> Jen - GR EX STUDIO			
		5:45 - 6:45 pm <b>Freestyle Barre</b> Steph - STUDIO 2			

**GROUP CYCLING**

5:35 am Liesa	5:35 am Jenny Upper Body Strength follows at 6:00.	5:35 am Liesa		5:35 am Jenny	
8:30 am Jess		8:30 am Liesa			
	12:20 pm 40 min - Sonia	12:10 pm Jess		12:10 pm Jen	
5:30 pm Patti	5:00 pm Jolene	5:30 pm Patti			


**WATER EXERCISE**

**\*\* "VITAMIN D" CLASSES ARE OUTDOORS AT ELKS POOL\*\***

8:30 am <b>Y Water Fit</b> Shallow - Celeste/Elise	8:30am <b>Boot Camp H2O</b> Deep - Kathy/Angie	8:30 am <b>Y Water Fit</b> Shallow - Celeste	8:30 am <b>Boot Camp H2O</b> Deep - Angie/Kathy	8:30 am <b>Y Water Fit</b> Shallow - Celeste/Elise	9:00 am <b>Ssswet</b> Shallow - Elise	
11:00 am <b>Vitamin D</b> Angie/Kathy <b>**Elks Pool**</b>	11:00 am <b>Vitamin D</b> Elise <b>**Elks Pool**</b>	11:00 am <b>Vitamin D</b> Kathy/Angie <b>**Elks Pool**</b>	11:00 am <b>Vitamin D</b> Elise <b>**Elks Pool**</b>	11:00 am <b>Vitamin D</b> Elise, Kathy <b>**Elks Pool**</b>	10:30 am <b>Aqua Zumba</b> Shallow - Sam <b>** No class 7/30**</b>	
5:15pm <b>Vitamin D</b> Sam, Elise <b>**Elks Pool**</b>	6:30pm <b>Total Body Conditioning</b> Deep - Julie	5:15 pm <b>Vitamin D</b> Sam, Elise <b>**Elks Pool**</b>				

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

**Family/Open Swim**  
Mon-Fri 2:00 - 3:25 pm  
M/W/F 7:30 - 8:30 pm  
Sat/Sun 2:00 - 5:00 pm



**YOUTH & FAMILY FITNESS**

**SPARK™ Kids Fitness**  
HAS BEEN DISCONTINUED FOR SPRING/  
SUMMER AND 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.

