

## 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.

### 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.

### H<sub>2</sub>O Silver

Did you know that water exercise can relieve arthritis and joint pain while increasing bone density and muscle mass? This class focuses on cardiovascular endurance, water resistance training, balance, flexibility and strength, all while creating an enjoyable atmosphere with music to move you in the shallow end of the pool. Join our fun, energetic class. You'll be glad you did!

## 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.

### Group Strength Training

This class focuses on upper body, lower body and core strength. Using various types of equipment, strengthen and tone your whole body. A perfect compliment to your cardio workout.

## Y SPECIALTY PROGRAMS

### Weight 2 Change Lifestyle Change Program

A lifestyle change program to help people lose weight and increase physical activity to help prevent the onset of type 2 diabetes.

### LIVESTRONG® at the YMCA

A physical activity and well-being program for cancer survivors.

### YMCA Parkinson Wellness Program

Physical and cognitive activities to help improve the lives of people living with Parkinson Disease.

### Rock Steady Boxing

Coming soon: a boxing based circuit training program for people fighting back against Parkinson Disease.

For more info, call us or visit: [www.gfymca.org](http://www.gfymca.org).

## 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.

### 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.

### Drum Rhythms

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.

### BOOM® Muscle

Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength. Appropriate for active older adults or people of any age who want a faster-paced challenging workout in 30 minutes.

### BOOM® Move It

A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE IT is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout. Appropriate for active older adults or people of any age who want a faster-paced challenging workout in 30 minutes.

### LIVESTRONG YogaFlex

Please see description under **MIND/BODY**.

### H<sub>2</sub>O Silver

Please see description under **WATER EXERCISE**.

## 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.

### Cycle Basics

This 25 minute class is perfect for new riders and anyone who wants a shorter cardio workout. Class includes bike set up, instruction on posture and safety, fun drills and rides, and projected scenery.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FIND YOUR STRENGTH

ALTRU FAMILY YMCA

### Group Fitness Classes

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



January 2-29, 2017



## 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.

### 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.

### BRICKS

With a strong emphasis on kickboxing and strength building, this class incorporates interval training, bodyweight exercises, and weight resistance. This class is designed to challenge and push you, yet at your own pace. Each class is different, every workout unique. The variety this class offers will keep the fun in your workout and keep you coming back for more!

### Cardio Step

This is classic step with a hi/low twist. Using the "Step" platform, routines include moves that go up, down, over and around the platform, mixed with some traditional aerobic moves to deliver results that no other format can. Stepping can dramatically build strong core/back and lower body muscles, especially your glutes, and strengthen your cardiovascular system (heart & lungs). Get fit and have fun!

### BOOM® Muscle & BOOM® Move It

Muscle and Move It incorporate athletic-based strength & cardio workouts for a total-body workout: great for active older adults, new exercisers and anyone who wants a great 30 minute option. See opposite page for more details.

## YOUTH FITNESS

### SPARK™ Kids Fitness

Supervised activities including games, sports, play, teamwork and fun! Ages approx. 8-12. Parents may drop off and pick up their children any time between 5:05 and 6:40 pm while they work out or attend a class. FREE to members.

## MIND / BODY

### Yoga

Class begins with breath awareness and a few moments of quiet reflection. Gentle stretching opens the way to a practice of yoga poses to build strength, flexibility, and awareness.

### 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.

### 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.

### 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.

### 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.

### Meditation

This class serves as a chance to be introduced to meditation as well as to practice meditation with guidance. While breath meditation is most commonly practiced, other techniques (walking, visual, kinesthetic, mantra, etc.) are also introduced and applied. Class format combines instruction and practice.

### LIVESTRONG YogaFlex

A yoga-based class incorporating sitting and standing poses (not a mat class) for improved balance, posture, strength & flexibility. Equipment used include: chairs and occasional light hand weights or balls. Great for anyone who prefers not to get down on the floor. LIVESTRONG Alumni welcome!


	<b>YMCA Building Hours</b>
	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
Altru Family YMCA 215 N 7th St Grand Forks, ND 58203 © 2017 Altru Family YMCA	<b>** The Fitness Center, gyms, exercise studios and racquetball courts close 15 minutes prior to building closing hours.**</b> Daily YMCA Guest Fees: Adult \$10 / Youth \$5

**MON TUES WED THURS FRI SAT SUN**

**CARDIO / CARDIO, STRENGTH COMBO**

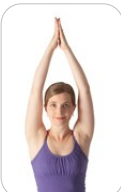
11:30 am - 12:05 pm <b>PiYo® Live</b> Sonia STUDIO A/B	11:30 am - 12:15 pm <b>P90X® Live</b> Sonia GR EX STUDIO	4:30 - 5:00 pm <b>BOOM® Muscle</b> Patti GR EX STUDIO	11:30 am - 12:05 pm <b>Strength &amp; Sculpt</b> Sonia GR EX STUDIO	11:30 am - 12:05 pm <b>PiYo® Live</b> Sonia GR EX STUDIO	8:15 - 9:30 am <b>NuBody PLUS</b> Julie GR EX STUDIO	
4:30 - 5:25 pm <b>NuBody</b> Reg/Circuit - Amy GR EX STUDIO	4:30 - 5:25 pm <b>NuBody</b> Julie GR EX STUDIO	5:00 - 5:30 pm <b>BOOM® Move IT</b> Patti GR EX STUDIO	4:30 - 5:30 pm <b>NuBody</b> Maria GR EX STUDIO	5:35 - 6:30 pm <b>BRICKS</b> Lynda GR EX STUDIO	9:45 - 10:45 am <b>Zumba®</b> Adriana GR EX STUDIO	1:00 - 2:00 pm <b>NuBody</b> Julie GR EX STUDIO
5:35 - 6:30 pm <b>BRICKS</b> Lynda GR EX STUDIO	5:35 - 6:35 pm <b>Zumba®</b> Casey GR EX STUDIO	5:35 - 6:05 pm <b>PiYo</b> Jen STUDIO A/B	5:35 - 6:30 pm <b>Cardio Step</b> Stan/Patti STUDIO A/B	6:10 - 6:55 pm <b>Boot Camp</b> Jen STUDIO A/B		

**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 am - 12:00 pm <b>PARKINSON Wellness Recovery</b> Roxee, Celeste Altru Outreach/GR EX ST	10:30 am - 12:00 pm <b>PARKINSON Wellness Recovery</b> Roxee, Celeste Altru Outreach/GR EX ST	10:30 am - 11:15 am <b>LIVESTRONG® YogaFlex</b> Patti GR EX STUDIO <b>** Starts Jan. 19**</b>	10:30 am - 11:00 am <b>Drum Rhythms</b> Celeste GR EX STUDIO		
6:00 - 7:00 pm <b>WEIGH 2 CHANGE</b> <b>** Starts 1/16**</b> - Jen Altru Outreach Rm					


**MIND / BODY**

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


5:45 - 6:30 am <b>Yoga</b> Jenna	5:30 pm <b>Heated Vinyasa Pilates</b> Lynda	5:45 - 6:30 am <b>Yoga</b> Jenna	10:30 am <b>LIVESTRONG YogaFlex</b> Patti <b>**STARTS JAN 19**</b> <b>**GR EX STUDIO**</b>	9:30 - 10:20 am <b>SilverSneakers® Yoga</b> Cathy <b>**GR EX STUDIO**</b>	10:00 am <b>Heated Yoga</b> Beverly	
5:00 pm <b>Pilates</b> Sheila <b>**STUDIO 2**</b>	5:45 - 6:15 pm <b>Meditation</b> Brian <b>**STUDIO 2**</b>	5:00 pm <b>Pilates</b> Sheila <b>**STUDIO 2**</b>	5:30 pm <b>Heated Vinyasa Pilates</b> Lynda	12:05 - 12:55 pm <b>Heated Yoga</b> Beverly <b>** Starts Jan. 6**</b>	<b>Self Practice</b> YMC/CHOICE members only: available during open studio times at least 15 min prior to and after scheduled classes and no later than 30 min prior to building closing. Sign in & out at the Fitness Center Desk. Follow posted guidelines.	4:00 - 5:00 pm <b>Heated Power Flow Yoga</b> Kyle
5:20 pm <b>Heated Yoga</b> Beverly <b>** Starts Jan. 9**</b>	6:30 - 7:30 pm <b>Hatha Yoga</b> Sue	5:20 pm <b>Heated Yoga</b> Beverly <b>** Starts Jan. 4**</b>				

**MON TUES WED THURS FRI SAT SUN**

**STRENGTH / STRETCH & CORE**

11:30 am - 12:05 pm <b>PiYo® Live</b> Sonia STUDIO A/B	6:05 - 6:30 am <b>Group Strength Training</b> Theresa GR EX STUDIO	11:30 am - 12:05 pm & 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>	6:05 - 6:30 am <b>Group Strength Training</b> Theresa GR EX STUDIO	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	
	5:30-6:30 pm <b>Heated Vinyasa Pilates</b> Lynda - Yoga Studio	5:35 - 6:05 pm <b>PiYo</b>	5:30-6:30 pm <b>Heated Vinyasa Pilates</b> Lynda - Yoga Studio	5:30-6:30 pm <b>Heated Vinyasa Pilates</b> Lynda - Yoga Studio		3:00 - 4:00 pm <b>Freestyle Barre</b> Casey - STUDIO 2
		6:10 - 6:55 pm <b>Boot Camp</b> Jen STUDIO A/B				


**GROUP CYCLING**

5:35 am Liesa	5:35 am Jenny	5:35 am Gwen	5:35 am <b>HIT 30 min</b> - Theresa	5:35 am Jenny	8:30 am Jess	
8:30 am Jess	12:20 pm 40 min: Sonia	12:10 pm Jess	12:10 pm 40 min: Sonia	12:10 pm Jen	<b>25 MIN BASICS</b> Appropriate for new riders or experienced riders that want a short workout. Includes bike set up, posture and safety for new riders.	2:00 pm Patti
12:20 pm <b>30 min cycle/15 min abs</b> Sonia			4:30 pm <b>25 MIN BASICS</b> - Mike	4:30 pm 45 min - Lynda		
4:30 pm <b>25 MIN BASICS</b> - Mike	5:00 pm Jolene	5:30 pm Liesa	5:00 pm Jess			

**WATER EXERCISE**

8:30 am <b>Y Water Fit</b> Shallow: Celeste	8:30am <b>Boot Camp H2O</b> Kathy/Angie	8:30 am <b>Ssswet</b> Shallow: Celeste	8:30 am <b>Boot Camp H2O</b> Kathy/Angie	8:30 am <b>Y Water Fit</b> Shallow: Celeste	9:00 am <b>Ssswet</b> Shallow: Elise	
5:15 pm <b>Ssswet</b> Shallow: Elise	1:30 pm <b>H2O Silver</b> Hye Lee	5:15 pm <b>Aqua Zumba</b> Shallow: Sam	1:30 pm <b>H2O Silver</b> Celeste	10:30 am <b>Aqua Zumba</b> Shallow: Sam		
5:15pm <b>Total Body Conditioning</b> Deep: Becky	**Starting Jan 10: 6:00pm 6:45 pm** <b>Total Body Conditioning</b> Deep - Julie	5:15pm <b>Total Body Conditioning</b> Deep: Becky	**Starting Jan 10: 6:00pm 6:45 pm** <b>Total Body Conditioning</b> Deep - Julie		<b>Lap Swim</b> Mon-Fri 5:45 - 8:25 am / 11:30 am - 1:25 pm M/W/F 6:00 - 7:00 pm Saturday 7:00 - 9:00 am / 12:00 - 1:25 pm Sunday 11:00 am - 1:25 pm	<b>Open Swim</b> M/W/F 7:00 - 8:30 pm Saturday 2:00 - 5:00 pm Sunday 2:00-5:00 pm

**YOUTH & FAMILY FITNESS**

5:05 - 6:40 pm <b>SPARK™ Kids Fitness</b> MINI GYM Sydney/Nick <b>** Starts Jan. 9**</b>	5:05 - 6:40 pm <b>SPARK™ Kids Fitness</b> MINI GYM Sydney/Nick <b>** Starts Jan. 9**</b>	<b>Youth Fitness Membership</b> 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.	
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