

## WATER EXERCISE

### Y 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.

### Shallow Water Power

A high intensity, low impact workout focused on cardiovascular training, muscle toning, flexibility and coordination. Cardio movements include walking, jogging, kicking, cross-country ski movements and jumping jacks. Class is an interval format. Benefits include: increased endurance, flexibility, muscle strength and toning. Swimming skills are not required.

### 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.

### Aqua 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.

### SilverSneakers® Splash

A fun, shallow-water exercise class that uses a signature *splash*-board to increase movement and intensity options. *Splash* is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

### Aqua Zumba®

*Aqua Zumba®* blends the *Zumba®* philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an *Aqua Zumba®* class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

## Y SPECIALTY PROGRAMS

### YMCA Parkinson Wellness Recovery Program

Physical and cognitive activities to help improve the lives of people living with Parkinson Disease. Classes include activities to enhance brain function, balance, flexibility, strength, and more.

### Rock Steady Boxing

A boxing based circuit training program for people fighting back against Parkinson Disease. This exciting new program provides non-contact boxing fitness including boxing technique with heavy & speed bags, jump ropes, core work, calisthenics, and circuit weight training.

### LIVESTRONG® at the YMCA

A free physical activity and well-being program for cancer survivors. Classes meet 2X/week for 12 weeks. A caregiver or friend is welcome to attend with the participant. Contact Patti or Mike for more info.

### Weigh 2 Change Lifestyle Change Program

A lifestyle change program to help people lose weight, increase physical activity and develop a healthier lifestyle to help prevent the onset of type 2 diabetes. Fall session starts September 12, 5:30 pm.

### Music Therapy Group for Neurologic Conditions

Free 8-week therapy group for individuals with Parkinson's, MS, stroke, and other neurologic conditions. Includes rhythmic movement, gait training, breath support, balance, and other rehabilitative music techniques. Sponsored by a grant from Calvary Lutheran Church.

For more info, call us: (701) 775-2586, 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.

### SilverSneakers Splash

Please see description under **WATER EXERCISE**.

### 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.

### 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**.

## STRENGTH, STRETCH & CORE

### PiYo® LIVE

See description on front page.

### 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.



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.

Altru Family YMCA • 215 N 7th St • Grand Forks, ND 58203

(701) 775-2586 • [www.gfymca.org](http://www.gfymca.org) • Contact: Patti McEnroe

Schedule is subject to change at any time. © 2017, Altru Family YMCA



October 1 - 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.

### 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!

### 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.

### 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!

### Total Body Fusion

If you're looking for a challenge look no further! An athletic based total body workout focusing on various HIIT cardio drills, conditioning, strength training and agility. The last 10 minutes of class will focus on flexibility using basic yoga. Suitable for all levels of fitness. Excellent total body workout.

### 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.\*\***

Daily YMCA Guest Fees: Adult \$10 / Youth \$5 / Family \$15

## 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.

### 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.

### 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!

### SilverSneakers® Yoga

Please see description under Active Older Adult & Slower Paced.

### 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.

## 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 30 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.

## 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. Children must be signed in and signed out by an authorized parent or guardian.

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CARDIO / CARDIO, STRENGTH COMBO


11:30 am - 12:05 pm <b>PiYo® Live</b> Sonia GR EX STUDIO	11:30 am - 12:15 pm <b>P90X® Live</b> Sonia GR EX STUDIO	4:30 - 5:00 pm <b>BOOM® Muscle</b> Patti/Kristin 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	  1:00 - 1:50 pm <b>NuBody TONING</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/Kristin GR EX STUDIO	4:30 - 5:30 pm <b>NuBody</b> Maria GR EX STUDIO	4:30 - 5:00 pm <b>BOOM® Muscle</b> Patti/Kristin GR EX STUDIO	5:00 - 5:30 pm <b>BOOM® Move IT</b> Patti/Kristin GR EX STUDIO	
5:35 - 6:30 pm <b>BRICKS</b> Lynda GR EX STUDIO		5:35 - 6:30 pm <b>BRICKS</b> Lynda GR EX STUDIO				
		5:45 - 6:45 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</b> STUDIO A/B	**Noon - 1:30 pm** <b>ROCK STEADY BOXING</b> FOR PARKINSON'S STUDIO A/B <b>**New time - Oct 17: 10:30 am - Noon**</b>	10:30 am -12:00 pm <b>PARKINSON Wellness / PWR! Cycle</b> STUDIO A/B / CYCLING STUDIO	10:30 - 11:15 am <b>MUSIC THERAPY For Neurological Conditions</b> STUDIO A/B Music Therapy in Motion, LLC <b>**Oct 12, 19, 26**</b>	10:30 am -12:00 pm <b>PARKINSON Wellness</b> LOBBY	
6:00 - 7:00 pm <b>WEIGH 2 CHANGE</b> Jen McElroy/E Comm Rm	5:30 - 6:30 pm <b>WEIGH 2 CHANGE</b> Theresa McElroy/E Comm Rm	5:30 - 6:30 pm <b>WEIGH 2 CHANGE</b> Becky McElroy/E Comm Rm	10:30 am - 11:15 am <b>LIVESTRONG® YogaFlex</b> Patti GR EX STUDIO <i>*Free to all LIVESTRONG at the YMCA Alumni - everyone welcome*</i>		

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°**

5:15 pm <b>Pilates</b> Sheila <b>**Starts Oct. 16**</b> <b>**STUDIO 2**</b>	12:05 - 12:55 pm (Gentle) <b>Yoga</b> Saori	5:45 - 6:30 am <b>Yoga</b> Jenna	10:30 - 11:15 am <b>LS YogaFlex</b> Patti <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	  <b>Self Practice</b> YMCA/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. <i>Sign in &amp; out at the Fitness Center Desk. Follow posted guidelines.</i>
5:20 pm <b>Heated Yoga</b> Beverly		5:15 pm <b>Pilates</b> Sheila <b>**Starts Oct. 16**</b> <b>**STUDIO 2**</b>	12:05 - 12:55 pm (Gentle) <b>Yoga</b> Saori			
		4:15 - 5:15pm <b>Heated Yoga</b> Beverly				

MON

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STRENGTH / STRETCH & CORE

11:30 am - 12:05 pm <b>PiYo® Live</b> Sonia GR EX STUDIO	6:05 - 6:30 am <b>Group Strength Training</b> Theresa GR EX STUDIO	12:10 - 12:45 pm <b>Suspension Basic Training</b> Sonia GR EX STUDIO <b>** Call on class-day to reserve your spot **</b>	5:35 - 6:30 am <b>Total Body Fusion</b> Theresa GR EX STUDIO	11:30 am - 12:05 pm <b>PiYo® Live</b> Sonia GR EX STUDIO		
			11:30 am - 12:05 pm <b>Strength &amp; Sculpt</b> Sonia GR EX STUDIO			

GROUP CYCLING

5:35 am 30 m spin/10 m core-Liesa	5:35 am Jenny	5:35 am Gwen		5:35 am Jenny		
8:45 am Mike		8:45 am Brittany/Heidi				
12:20 pm 30 min cycle/15 min abs Sonia	12:20 pm 40 min: Sonia	12:10 pm 40 min: Jen	12:10 pm 40 min: Sonia	12:10 pm Jen		
			4:30 pm <b>**30 min BASICS - Mike</b>		<b>**30 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.	
5:30 pm Patti 50 min cycle/20 min core	5:30 pm Jess 50-60 min		5:30 pm Jess 50-60 min			2:00 pm Patti 50 min cycle/20 min core <b>** Starts Oct. 15 **</b>

WATER EXERCISE

8:30-9:20 am <b>Y Water Fit</b> Shallow: Saori	8:30-9:30 am <b>Boot Camp H2O</b> Chris/Angie	8:30-9:30 am <b>Y Water Fit</b> Shallow: Shantel	8:30-9:30 am <b>Boot Camp H2O</b> Chris/Angie	8:30-9:20 am <b>Y Water Fit</b> Shallow: Saori	9:00-10:00 am <b>Shallow Water Power</b> Shallow: Elise/Sam	
9:20-10:00 am <b>Aqua Pilates</b> Shallow: Saori	1:30-2:15 pm <b>SilverSneakers Splash</b> Saori		1:30-2:15 pm <b>SilverSneakers Splash</b> Saori	9:20-10:00 am <b>Aqua Pilates</b> Shallow: Saori	10:30-11:15 am <b>Y Water Fit</b> Shallow: Hye Lee	
5:15-6:00 pm <b>Total Body Conditioning/HIIT</b> Deep/Becky		5:15-6:00 pm <b>Total Body Conditioning/HIIT</b> Deep/Becky				
5:15-6:00 pm <b>Shallow Water Power</b> Elise	6:45-7:45 pm <b>Total Body Conditioning/HIIT</b> Deep - Julie/Kelly	5:15-6:00 pm <b>Aqua Zumba</b> Sam	6:45-7:45 pm <b>Total Body Conditioning/HIIT</b> Deep - Julie/Kelly			<b>Lap Swim</b> Mon-Fri 6:00 - 8:25 am / 11:30 am - 1:25 pm M/W/F 6:00 - 7:00 pm Saturday 7:00 - 8:55 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 Kaitlyn/Mandy  Parental sign-in & sign-out required.		5:05 - 6:40 pm <b>SPARK Kids Fitness</b> MINI GYM Kaitlyn/Mandy  Parental sign-in & sign-out required.	<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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