

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 H₂O

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.

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

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.



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 • Contact: Patti McEnroe

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



Nov 27-Dec 17, 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.

SpeedPack Running Group

Improve your running performance with a variety of unique workouts including speed, interval, core, and more. Run approx. 4-5 miles outdoors, weather permitting or indoors. Sign up at the front desk any time - meet in the lobby by the fireplace.

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

CARDIO & CARDO/STRENGTH COMBO

Freestyle Kickboxing

Cardio kickboxing incorporating martial arts and boxing techniques with traditional group exercise for a fun, challenging workout. Core exercises and cool down stretch comprise the last 15 minutes.

Step & Strength

Cardio step training paired with strength training for a complete workout. Class includes approximately 40 minutes of cardio step plus strength and core training and a cool down stretch.

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. **Free to all LIVESTRONG at the YMCA Alumni.** Everyone 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.

MON TUES WED THURS FRI SAT SUN

CARDIO / CARDIO, STRENGTH COMBO

| | | | | | | |
|--|---|---|---|---|---|--|
| 11:30 am - 12:05 pm PiYo® Live Sonia GR EX STUDIO | 11:30 am - 12:15 pm P90X® Live Sonia GR EX STUDIO | 4:30 - 5:00 pm BOOM® Muscle Patti/Kristin GR EX STUDIO | 11:30 am - 12:05 pm Strength & Sculpt Sonia GR EX STUDIO | 11:30 am - 12:05 pm PiYo® Live Sonia GR EX STUDIO | 8:15 - 9:30 am NuBody PLUS Julie GR EX STUDIO |  1:00 - 1:50 pm NuBody TONING Julie GR EX STUDIO |
| 4:30 - 5:25 pm NuBody Reg/Circuit - Amy GR EX STUDIO | 4:30 - 5:25 pm NuBody Julie GR EX STUDIO | 5:00 - 5:30 pm BOOM® Move IT Patti/Kristin GR EX STUDIO | 4:30 - 5:30 pm NuBody Maria GR EX STUDIO | 4:30 - 5:00 pm BOOM® Muscle Patti/Kristin GR EX STUDIO | | |
| 5:35 - 6:30 pm BRICKS Lynda GR EX STUDIO | 5:35 - 6:30 pm STEP & STRENGTH Stan GR EX STUDIO *Starts Dec 5* | 5:35 - 6:30 pm BRICKS Lynda GR EX STUDIO | 5:35 - 6:30 pm Freestyle Kickboxing Theresa 40 min cardio/10 min core/ cool down stretch GR EX STUDIO | 5:00 - 5:30 pm BOOM® Move IT Patti/Kristin GR EX STUDIO | | |
| 5:35 - 6:30 pm BRICKS Lynda GR EX STUDIO | | 5:45 - 6:45 pm Boot Camp Jen STUDIO A/B | | | | |

SPECIALTY / ACTIVE OLDER ADULT / NEW EXERCISER

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|--|---|--|---|--|--|
| 9:30 - 10:20 am SilverSneakers® Clasasic Cathy - GR EX STUDIO | 9:30 - 10:20 am Fit For Life Cathy - GR EX STUDIO | 9:30 - 10:20 am SilverSneakers® Circuit 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 am - 12:00 pm PARKINSON Wellness STUDIO A/B | 10:30 am - 12:00 pm ROCK STEADY BOXING For Parkinson's STUDIO A/B | 10:30 am - 12:00 pm PARKINSON Wellness / PWR! Cycle STUDIO A/B / CYCLING STUDIO | 10:30 am - 11:10 am LIVESTRONG® YogaFlex Patti - STUDIO 2 <i>*Free to all LIVESTRONG at the YMCA Alumni - everyone welcome*</i> | | |
| 6:00 - 7:00 pm WEIGH 2 CHANGE Jen - Mc Comm Rm | 5:30 - 6:30 pm WEIGH 2 CHANGE Theresa - Mc Comm Rm | 5:30 - 6:30 pm WEIGH 2 CHANGE Becky - Mc Comm 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°**

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|--|---|---|---|---|---|---|
| 5:45 - 6:30 am Yoga (Beginner/Gentle) Theresa | 10:30 - 11:15 am LS YogaFlex Patti **STUDIO 2** | 5:45 - 6:30 am Yoga Jenna | 10:30 - 11:15 am LS YogaFlex Patti **STUDIO 2** | 9:30 - 10:20 am SilverSneakers® Yoga Cathy **GR EX STUDIO** | 10:00 am Heated Yoga Beverly |  |
| 5:15 pm Pilates Sheila **STUDIO 2** | 12:05 - 12:55 pm (Gentle) Yoga Saori | 5:15 pm Pilates Sheila **STUDIO 2** | 12:05 - 12:55 pm (Gentle) Yoga Saori | 12:05 - 12:55 pm Beginner Yoga Valarie | | |
| 5:20 pm Heated Yoga Beverly | | 4:15 - 5:15pm Heated Yoga Beverly | | | | |

Self Practice
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. Sign in & out at the Fitness Center Desk. Follow posted guidelines.

MON TUES WED THURS FRI SAT SUN

STRENGTH / STRETCH & CORE

| | | | | | |
|---|---|--|--|--|---|
| 11:30 am - 12:05 pm PiYo® Live Sonia GR EX STUDIO | 6:05 - 6:30 am Group Strength Training Theresa GR EX STUDIO | 12:10 - 12:45 pm Suspension Basic Training Sonia GR EX STUDIO ** Call on class-day to reserve your spot ** | 5:35 - 6:30 am Total Body Fusion Theresa GR EX STUDIO | 11:30 am - 12:05 pm PiYo® Live Sonia GR EX STUDIO |  |
| | | | 11:30 am - 12:05 pm Strength & Sculpt Sonia GR EX STUDIO | 12:15 - 1:00 pm SpeedPack RUNNING GROUP Sonia ** Call Member Services any time to sign up ** Meet in Lobby by Fireplace. | |
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GROUP CYCLING

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|--|---|-------------------------|-----------------------------------|------------------|---|
| 5:35 am Jess | 5:35 am Jenny | 5:35 am Gwen | | 5:35 am Jenny |  |
| 8:45 am Heidi | 12:20 pm 40 min: Sonia 30 min cycle/15 min abs Sonia | 8:45 am Brittany | 12:10 pm 40 min: Sonia | 12:10 pm Jen | |
| 12:20 pm 30 min cycle/15 min abs Sonia | 4:30 pm **30 min BASICS - Mike | 12:10 pm 40 min: Jen | 4:30 pm **30 min BASICS - Mike | | |
| 5:30 pm Patti 50 min cycle/20 min core | 5:30 pm Jess 50-60 min | | 5:30 pm Jess 50-60 min | | 1:30 pm Patti 50 min cycle/20 min core |

****30 MIN BASICS:** Appropriate for new riders or experienced riders that want a short workout. Includes bike set up, posture and safety for new riders.

WATER EXERCISE

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|---|---|---|---|---|---|---|
| 8:30-9:20 am Y Water Fit Shallow: Saori | 8:30-9:30 am Boot Camp H2O Chris/Angie | 8:30-9:30 am Y Water Fit Shallow: Shantel | 8:30-9:30 am Boot Camp H2O Chris/Angie | 8:30-9:20 am Y Water Fit Shallow: Saori | 9:00-10:00 am Shallow Water Power Shallow: Elise/Sam |  |
| 9:20-10:00 am Aqua Pilates Shallow: Saori | 1:30-2:15 pm SilverSneakers Splash Saori | | 1:30-2:15 pm SilverSneakers Splash Saori | 9:20-10:00 am Aqua Pilates Shallow: Saori | | |
| 5:15-6:00 pm Total Body Conditioning/HIIT Deep/Becky | | 5:15-6:00 pm Total Body Conditioning/HIIT Deep/Becky | | | | |
| 5:15-6:00 pm Shallow Water Power Elise | 6:45-7:45 pm Total Body Conditioning/HIIT Deep - Julie/Kelly | 5:15-6:00 pm Aqua Zumba Sam | | 6:45-7:45 pm Total Body Conditioning/HIIT Deep - Julie/Kelly | | |

Lap Swim
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

Open Swim
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 SPARK Kids Fitness MINI GYM Kaitlyn/Mandy | | 5:05 - 6:40 pm SPARK Kids Fitness MINI GYM Kaitlyn/Mandy |  |
| Parental sign-in & sign-out required. | | Parental sign-in & sign-out required. | |

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.