

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.

Silver 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.

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.

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.

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**.

Senior Weight Training - New!

Learn how to safely, effectively and confidently perform weight training exercises with a variety of equipment including dumbbells, free weights, Olympic weights and Nautilus. Learn proper warm up, resistance, reps, frequency, form, and exercise choices for optimal strength and functionality.

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.

Senior Weight Training - New!

See description above.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND WHAT MOVES YOU

ALTRU FAMILY YMCA

Group Fitness Classes

Free to YMCA/Choice members unless otherwise noted.

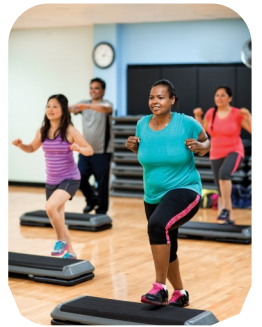
Altru Family YMCA • 215 N 7th St • Grand Forks, ND 58203

(701) 775-2586 • www.gfymca.org • Contact: Patti McEnroe

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



Mar 5 - April 1, 2018



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.

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.

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.

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

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.

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.

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

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 Amy GR EX STUDIO
4:30 - 5:25 pm NuBody Reg/Circuit - Julie 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	5:00 - 5:30 pm BOOM® Move IT Patti/Kristin GR EX STUDIO	
5:35 - 6:30 pm BRICKS Lynda GR EX STUDIO	5:35 - 6:30 pm STEP & STRENGTH Stan/Patti GR EX STUDIO	5:35 - 6:30 pm BRICKS Lynda GR EX STUDIO	5:35 - 6:30 pm STEP & STRENGTH Stan/Patti GR EX STUDIO	5:45 - 6:45 pm Boot Camp Jen STUDIO A/B		

ACTIVE OLDER ADULT / NEW EXERCISER / SPECIALTY

9:30 - 10:20 am SilverSneakers® Classic Bonnie - GR EX STUDIO	9:30 - 10:20 am Fit For Life GR EX STUDIO Patti - GR EX STUDIO	9:30 - 10:20 am SilverSneakers® Circuit Bonnie - GR EX STUDIO	9:30 - 10:20 am Fit For Life GR EX STUDIO Patti - GR EX STUDIO	9:30 - 10:20 am SilverSneakers® Yoga Valarie - 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/Cycle STUDIO A/B / CYCL			
4:00 - 5:15 pm LIVESTRONG® At the YMCA Mike - STUDIO 2	10:30 am - 11:10 am LIVESTRONG® YogaFlex (seated & standing, no mat) Patti - STUDIO 2	4:00 - 5:15 pm LIVESTRONG® At the YMCA Mike - STUDIO 2	10:30 am - 11:10 am LIVESTRONG® YogaFlex (seated & standing, no mat) Patti - STUDIO 2		
6:00 - 7:00 pm WEIGH 2 CHANGE Jen - Mc Comm Rm	2:00 - 3:00 pm Senior Weight Training FITNESS CENTER	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°**

5:45 - 6:30 am Yoga (Beginner/Gentle) Theresa	10:30 - 11:15 am LS YogaFlex (seated & standing, no mat) Patti **STUDIO 2**	5:45 - 6:30 am Yoga Jenna	10:30 - 11:15 am LS YogaFlex (seated & standing, no mat) Patti **GR EX STUDIO**	9:30 - 10:20 am SilverSneakers® Yoga Valarie **GR EX STUDIO**	10:00-11:00 am Heated Yoga MacKenzie	
5:15 pm Pilates Sheila **STUDIO 2**	12:05 - 12:55 pm (Gentle) Yoga Valarie	5:15 pm Pilates Sheila **STUDIO 2**	12:05 - 12:55 pm (Gentle) Yoga Valarie			
5:30 pm Heated Yoga Kristi		5:30 pm Heated Yoga Kristi				


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

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 Shantel 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 Shantel 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 ** Sign up at Member Services** Meet in Lobby by Fireplace.	

GROUP CYCLING

5:35 am Jess	5:35 am Jenny	5:35 am Gwen	5:35 am Jenny	8:30 am Jess	
8:45 am Heidi	12:20 pm 40 min: Sonia	8:45 am Brittany	12:10 pm 40 min: Jen	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	1:30 pm Patti 50 min cycle / 20 min optional core work	

****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

8:30-9:20 am Y Water Fit Shallow: Hye Lee	8:30-9:30 am Boot Camp H2O Chris/Angie	8:30-9:30 am Y Water Fit Shallow: Hye Lee	8:30-9:30 am Boot Camp H2O Chris/Angie	8:30-9:50 am Y Water Fit/ Pilates Shallow: Juleen	9:00-10:00 am Shallow Water Power Shallow: Elise/Sam	
	1:30-2:15 pm Silver Splash Kat		1:30-2:15 pm Silver Splash Kat			
5:15-6:00 pm Total Body Conditioning/HIIT Deep/Becky		5:15-6:00 pm Total Body Conditioning/HIIT Deep/Becky				

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 Mandy/Erica	5:05 - 6:40 pm SPARK Kids Fitness MINI GYM Mandy/Erica	<p>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.</p>	
Parental sign-in & sign-out required. **No Class March 12**	Parental sign-in & sign-out required. **No Class March 14**		