

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

In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

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 set up, safety instruction, fun drills and rides, and projected scenery.

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.

National Diabetes Prevention 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. (Formerly WEIGH 2 CHANGE)

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

ACTIVE OLDER ADULT & SLOWER PACED

SilverSneakers® Classic

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

SilverSneakers® Circuit

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill.

SilverSneakers® Yoga

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

SilverSneakers® Splash

In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.

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.

Balance Boost - New!

Improve your balance, posture, flexibility, and cardiovascular capacity for enhanced functionality for daily living. Exercises target the body from head to toe, with an emphasis on lower body strength and lower & upper body coordination, for enhanced balance and stability. This class is focused on helping to keep you healthy, strong, mobile and independent. Exercises presented are challenging and effective for all fitness levels. Chairs are available for seated and standing support.

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.

Balance Boost - 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



MAY, 2018 (April 30 – May 27)



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

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.

Basic Meditation & Yoga - New

This is an introductory class to meditation and yoga practice. The class will introduce several meditation methods. Examples include mindfulness, progressive relaxation, movement meditation, and mantra meditation. Basic yoga poses and practice to support meditation will also be covered. The class meets on Tuesdays, at 5:30, for five weeks (April 24 - May 22) in Studio 2. Each class will stand independently so that partici-

Memorial Day: May 28

- Y Building Hours: 8 am - 2 pm. Fitness center open 8 am - 1:45 pm.
- No Land Group Fitness Classes.
- Water Fit/Pilates runs 8:30 - 9:50 am.
- Check with aquatics dept. for lap swim times.

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 Hot PiYo® Sonia YOGA STUDIO **No class May 28**	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 **No class May 25**	8:15 - 9:30 am NuBody PLUS Julie GR EX STUDIO	 1:00 - 1:50 pm NuBody TONING Amy GR EX STUDIO **No class May 27**
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 Patti/Kristin GR EX STUDIO	4:30 - 5:30 pm NuBody Maria GR EX STUDIO			
5:35 - 6:30 pm BRICKS Lynda GR EX STUDIO	5:35 - 6:30 pm STEP & STRENGTH Stan/Jen M GR EX STUDIO	5:35 - 6:30 pm BRICKS Lynda GR EX STUDIO	5:35 - 6:30 pm STEP & STRENGTH Stan/Jen M GR EX STUDIO			

ACTIVE OLDER ADULT / NEW EXERCISER / SPECIALTY

9:30 - 10:20 am SilverSneakers® Classic Patti/Bonnie GR EX STUDIO	9:30 - 10:20 am Balance Boost Patti/Saori GR EX STUDIO	9:30 - 10:20 am SilverSneakers® Circuit Bonnie GR EX STUDIO	9:30 - 10:20 am Balance Boost Patti/Saori GR EX STUDIO	9:30 - 10:20 am SilverSneakers® Yoga Valarie GR EX STUDIO	
10:30 am - 12:00 pm PARKINSON Wellness STUDIO 2	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 2 / CYCL			
6:00 - 7:00 pm WEIGH 2 CHANGE Jen W - Mc Comm Rm	10:30 am - 11:10 am LIVESTRONG® YogaFlex (seated & standing, no mat) Patti - STUDIO 2	10:30 am - 11:10 am LIVESTRONG® YogaFlex (seated & standing, no mat) Patti - GR EX STUDIO			

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 Beverly **No class May 26**
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 Yoga Mackenzie	 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.
5:30 pm Heated Yoga Beverly	5:30 pm Basic Meditation & Yoga Brian - **STUDIO 2** **May 1, 8, 15, 22**				

MON TUES WED THURS FRI SAT SUN

STRENGTH / STRETCH & CORE

11:30 am - 12:05 pm Hot PiYo® Sonia YOGA STUDIO **No class May 28**	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 **No class May 25**	
			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. **No class May 25**	

GROUP CYCLING

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	8:45 am Jen M	12:10 pm 40 min: Sonia	
12:20 pm 30 min cycle/15 min abs Sonia	4:30 pm **30 min BASICS - Mike	5:30 pm Liesa	5:30 pm Patti (optional core follows)	

****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

8:30-9:50 am Y Water Fit/ Pilates Shallow: Saori	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: Saori	9:00-10:00 am Shallow Water Power Shallow: Elise/Sam
5:15-6:00 pm Total Body Conditioning/HIIT Deep/Becky	1:30-2:15 pm SilverSneakers® Splash Saori	5:15-6:00 pm Total Body Conditioning/HIIT Deep/Becky	1:30-2:15 pm SilverSneakers® Splash Saori	MEMORIAL DAY Monday, May 28, one water class offered: Y Water Fit/Pilates 8:30 - 9:50 am	
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 Shallow Water Power 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

SPARK Kids Fitness
SPARK runs on Mondays and Wednesdays, 5:05 - 6:40 pm, during the months of September through April. SPARK has been discontinued for the spring/summer and will resume after school starts in the fall. (Last day: May 2, 2018.)

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.

