



# FIND WHAT MOVES YOU

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Classes for Active Older Adults, & New Exercisers



**MON TUES WED THURS FRI SAT SUN**

### STRENGTH & CARDIO



**JULY, 2018 (July 2-29)**

<p>8:30 am <b>Y WALKERS</b> Outdoor Walking Group Meet In Lobby Heidi</p>	<p>8:45 - 9:20 am <b>BOOM Move</b> Kristin GR EX STUDIO</p>	<p>8:30 am <b>Y WALKERS</b> Outdoor Walking Group Meet In Lobby Kristin</p>	<p>8:45 - 9:20 am <b>BOOM Move</b> Kristin GR EX STUDIO</p>		 	
<p>9:30 - 10:20 am <b>SilverSneakers® Classic</b> Patti GR EX STUDIO Chairs are used for seated and standing support.</p>	<p>9:30 - 10:20 am <b>Balance Boost</b> Saori GR EX STUDIO Chairs are used for seated and standing support.</p>	<p>9:30 - 10:20 am <b>SilverSneakers® Circuit</b> Bonnie GR EX STUDIO Chairs are used for seated and standing support.</p>	<p>9:30 - 10:20 am <b>Balance Boost</b> Saori GR EX STUDIO Chairs are used for seated and standing support.</p>	<p>9:30 - 10:20 am <b>SilverSneakers® Yoga</b> Valarie GR EX STUDIO Chairs are used for seated and standing support.</p>		
	<p>9:30 am - 10:15 am <b>LIVESTRONG® YogaFlex</b> Patti STUDIO A/B Chairs are used for seated and standing support. No mat work.</p>	<p>4:30 - 5:00 <b>BOOM Muscle</b> 5:00 - 5:30 <b>BOOM Move</b> Patti GR EX STUDIO</p>	<p>10:30 am - 11:15 am <b>LIVESTRONG® YogaFlex</b> Patti GR EX STUDIO Chairs are used for seated and standing support. No mat work.</p>			

### WATER EXERCISE

<p>8:30-10:00 am <b>Y Water Fit/ Pilates</b> Shallow - Saori</p>		<p>8:30-9:20 am <b>Y Water Fit</b> Shallow - Shantel</p>		<p>8:30-10:00 am <b>Y Water Fit/ Pilates</b> Shallow - Saori</p>	<p>9:00-10:00 am <b>Shallow Water Power</b> Shallow: Elise/Sam</p>	
<p>11:00 am <b>Vitamin D</b> ELKS Pool - Juleen</p>	<p>11:00 am <b>Vitamin D</b> ELKS Pool - Taycee</p>	<p>11:00 am <b>Vitamin D</b> ELKS Pool - Juleen</p>	<p>11:00 am <b>Vitamin D</b> ELKS Pool - Taycee</p>	<p>11:00 am <b>Vitamin D</b> ELKS Pool - Saori</p>		
<p>5:15 - 6:00 pm <b>Shallow Water Pwr</b> Elks Pool - Elise</p>		<p>5:15 - 6:00 pm <b>Shallow Water Pwr</b> Elks Pool - Elise</p>				

### MIND & BODY

<p>5:45 am <b>Yoga</b> Brian <b>Beginner/Gentle</b> Includes floor exercises. <b>**No Class July 2**</b></p>	<p>9:30 am - 10:15 am <b>LS YogaFlex</b> Patti STUDIO A/B Chairs are used for seated and standing support. No mat work.</p>	<p>5:45 am <b>Yoga</b> Jenna Includes floor exercises.</p>	<p>10:30 am - 11:15 am <b>LS YogaFlex</b> Patti GR EX STUDIO Chairs are used for seated and standing support. No mat work.</p>	<p>9:30 - 10:20 am <b>SilverSneakers® Yoga</b> Valarie GR EX STUDIO Chairs are used for seated and standing support.</p>	<p>10:00-11:00 am <b>Yoga on the Greenway</b> <b>**Behind Toasted Frog - 2nd Ave N Access / at YMCA in case of bad weather**</b> Beverly <b>**No Class July 7**</b></p>	
	<p>12:05 - 12:55 pm <b>Yoga</b> (Gentle) Saori Includes floor exercises. Chairs available.</p>		<p>12:05 - 12:55 pm <b>Yoga</b> (Gentle) Saori Includes floor exercises. Chairs available.</p>			

### GROUP CYCLING

IMPORTANT: Participants of all ages are welcome to attend any current group cycling class (see full group fitness schedule) as riders can ride at their own pace and may shorten the duration. Contact Mike or Patti for details.

<p>8:30 am Jen M</p>	<p>4:30 pm 30 min BASICS - Mike</p>	<p>8:30 am Jen M</p>		<p>8:30 am Valarie</p>	
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## SILVERSNEAKERS®

### 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.

### 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

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.



## CARDIO / STRENGTH

### Balance Boost

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.

## INDOOR 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.

## WATER EXERCISE

### 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.

### 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.

### 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.

### Vitamin D - Elks Pool

Refreshing, invigorating and just plain fun. Get outdoors for your aerobic water fitness experience and enjoy the benefits of the water and the North Dakota summer!

## 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.

### 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

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.

Contact: Patti McEnroe / [pmcenroe@gfymca.org](mailto:pmcenroe@gfymca.org)



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