

WATER EXERCISE

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!

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

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.

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 5, 4:30 pm. (Formerly called 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.

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.

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.

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.

STRENGTH, STRETCH & CORE

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

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

JULY, 2018 (July 2 - 29)



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.

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

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

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 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. **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.

Yoga on the Greenway

Enjoy outdoor yoga every Saturday morning (except July 7) at 10 am, behind the Toasted Frog. Bring your own mat, water, sun protection and anything else you may need. Class will be held indoors at the Y in case of inclement weather. Bring a friend - class is free & open to the public!

Y WALKERS



Summer Walking Group

Did you know that walking is rated as one of the overall best forms of exercise? Start your day right and enjoy the fresh air and sunshine! Enjoy spending time with loved ones and friends while making new friends along the way. Your leaders will take you on adventures around town and along the beautiful Greenway - and you might even stop and do some strength exercises along the way! Infants/toddlers in sun-protected strollers are welcome. Free and open to the public - bring a friend! **Mon/Wed, 8:30 am.**



Bring water, snacks, sunblock, SPF protective clothing, hats, sunglasses and phones. Please wear athletic shoes (preferably designed for walking). Meet in the lobby by 8:30. The walking track is available for use on bad-weather days.

MON TUES WED THURS FRI SAT SUN

CARDIO / CARDIO / STRENGTH COMBO

8:30 am Y WALKERS Outdoor Walking Group Heidi - Meet In Lobby	8:45 - 9:20 am BOOM Move Kristin GR EX STUDIO	8:30 am Y WALKERS Outdoor Walking Group Kristin - Meet In Lobby	8:45 - 9:20 am BOOM Move Kristin GR EX STUDIO	8:15 - 9:30 am NuBody PLUS Julie GR EX STUDIO	 
	11:30 am - 12:15 pm P90X® Live Sonia GR EX STUDIO	4:30 - 5:00 pm BOOM® Muscle Patti GR EX STUDIO	11:30 am - 12:05 pm Strength & Sculpt Sonia GR EX STUDIO	12:15 - 1:00 pm SpeedPack RUNNING GROUP Sonia Meet in YMCA lobby.	
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 GR EX STUDIO	4:30 - 5:30 pm NuBody Maria GR EX STUDIO		
5:35 - 6:30 pm BRICKS Lynda GR EX STUDIO **No class July 2**	5:35 - 6:30 pm STEP & STRENGTH Stan GR EX STUDIO	5:35 - 6:30 pm BRICKS Lynda GR EX STUDIO	5:35 - 6:30 pm STEP & STRENGTH Stan GR EX STUDIO		

SPECIALTY CLASSES / NEW EXERCISERS / ACTIVE OLDER ADULTS

8:30 am Y WALKERS Outdoor Walking Group Meet In Lobby Heidi	8:45 - 9:20 am BOOM Move Kristin GR EX STUDIO	8:30 am Y WALKERS Outdoor Walking Group Meet In Lobby Kristin	8:45 - 9:20 am BOOM Move Kristin GR EX STUDIO		 
	9:30 - 10:15 am LIVESTRONG® YogaFlex (seated & standing, no mat) Patti - STUDIO A/B				
9:30 - 10:20 am SilverSneakers® Classic Patti/Bonnie GR EX STUDIO	9:30 - 10:20 am Balance Boost Saori GR EX STUDIO	9:30 - 10:20 am SilverSneakers® Circuit Bonnie GR EX STUDIO	9:30 - 10:20 am Balance Boost Saori 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 GR EX STUDIO	10:30 am -12:00 pm PARKINSON Wellness/Cycle STUDIO A/B/ CYCL	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) Brian **No class July 2**	9:30 - 10:15 am LS YogaFlex (seated & standing, no mat) Patti **STUDIO A/B**	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 Yoga on the Greenway **Behind Toasted Frog -2nd Ave N Access / Inclement weather: at YMCA** **No class July 7**
5:30 pm Heated Yoga Mackenzie	12:05 - 12:55 pm (Gentle) Yoga Saori	5:30 pm Heated Yoga Mackenzie	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.

MON TUES WED THURS FRI SAT SUN

STRENGTH / STRETCH & CORE

	6:05 - 6:30 am Group Strength Training Shantel GR EX STUDIO		5:35 - 6:30 am Total Body Fusion Shantel GR EX STUDIO		
	11:30 am - 12:15 pm P90X® Live Sonia GR EX STUDIO	12:10 - 12:45 pm Suspension Basic Training Sonia GR EX STUDIO ** Call on class-day to reserve your spot **	11:30 am - 12:05 pm Strength & Sculpt Sonia GR EX STUDIO	12:15 - 1:00 pm SpeedPack RUNNING GROUP Sonia Meet in YMCA lobby.	

GROUP CYCLING

5:35 am Jess	5:35 am Jenny	5:35 am Gwen		5:35 am Jenny	
8:30 am Jen M	12:20 pm 40 min: Sonia	8:30 am Jen M		8:30 am Valarie	
12:10 pm 40 min cycle/abs to follow Sonia	4:30 pm 30 min BASICS - Mike **No class July 3**		12:10 pm 40 min: Sonia		
	5:30 pm Patti		5:30 pm Patti		

WATER EXERCISE

8:30-10:00 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: Shantel	8:30-9:30 am Boot Camp H2O Chris/Angie	8:30-10:00 am Y Water Fit/ Pilates Shallow: Saori	9:00-10:00 am Shallow Water Power Shallow: Elise/Sam
11:00 am **Vitamin D ELKS Pool Juleen	11:00 am Vitamin D ELKS Pool Taycee	11:00 am Vitamin D ELKS Pool Juleen	11:00 am Vitamin D ELKS Pool Taycee	11:00 am Vitamin D ELKS Pool Saori	
5:15 pm **Shallow Water Power ELKS Pool Elise		5:15 pm Shallow Water Power ELKS Pool Elise			
	6:45-7:45 pm Total Body Conditioning/HIIT Deep - Julie/Kelly		6:45-7:45 pm Total Body Conditioning/HIIT Deep - Julie/Kelly		

Lap Swim
Mon-Fri 5:45 - 8:25 am / 11:30 am - 1:00 pm
M/W/F 6:30 - 7:30 pm
Saturday 7:00 - 8:55 am / 12:00 - 1:25 pm
Sunday 11:00 am - 1:25 pm

Open Swim
Mon-Fri 2:00 - 3:30 pm
M/W/F 7:30 - 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.

