

# Group Exercise Schedule-At-A-Glance

November 5 - December 2, 201

Altru Family YMCA, Grand Forks, ND

www.gfymca.org • (701) 775-2586



	MON	TUES	WED	THURS	FRI	SAT	SUN
5:35 AM		Group Cycling	Group Cycling	Total Body Fusion	Group Cycling		
5:35 AM	Mindfulness & Movement		YOGA				
5:35 AM	Total Body Fusion						
6:05 AM		Gr Strength Tr					
8:15 AM						NuBody Plus	
8:30 AM	Y Water Fit/Pilates	Boot Camp H2O	Y Water Fit	Boot Camp H2O	Y Water Fit/Pilates	Group Cycling	
9:00 AM		BOOM® Move		BOOM® Move		Shallow Water Power	
9:30 AM	SilverSneakers® Classic		SilverSneakers® Circuit		SilverSneakers® Yoga		
9:35 AM		Balance Boost		Balance Boost			
9:30 AM		LIVESTRONG Yoga Flex		LIVESTRONG Yoga Flex			
10:00 AM						Heated Yoga	
10:30 AM	Parkinson Wellness (PWR!)	Rock Steady Boxing		Parkinson Wellness & Cycle			
11:30 AM		P90X		Strength/Sculpt	Stretch & Core		
12:05 PM		Yoga (gentle)		Yoga (gentle)			
12:10 PM			Suspension Training		Heated Yoga		
12:10 PM	Cycle & Abs			Group Cycling	Group Cycling		
12:15 PM					SpeedPack Running Group		
12:20 PM		Group Cycling					
1:00 PM							NuBody Tone
1:00 PM							Group Cycling
1:30 PM		SilverSneakers® Splash		SilverSneakers® Splash			
4:15 PM	LIVESTRONG at the YMCA		LIVESTRONG at the YMCA				
4:30 PM	BOOM® Muscle	NuBody	BOOM® Muscle	NuBody			
4:30 PM			Diabetes Prev				
5:00 PM	BOOM® Move		BOOM® Move				
5:05 PM	SPARK Kid Fit		SPARK Kid Fit				
5:15 PM	Pilates	Barre Fitness	Pilates				
5:15 PM	Shallow Water Pwr		Shallow Water Pwr				Mini Gym
5:15 PM	Total Body Cond		Total Body Cond			GR EX STUDIO	STUDIO A/B
5:30 PM		Group Cycling		Group Cycling		YOGA STUDIO	CYCLING STUDIO
5:30 PM	Heated Yoga		Heated Yoga			POOL	LOBBY
5:35 PM	Kickbox & Strength	Step & Strength		Step & Strength		Community Room	Studio 2
5:45 PM			Boot Camp				
6:00 PM	Diabetes Prev	Total Body Cond deep		Total Body Cond deep			10/26/2018

