






MON TUES WED THURS FRI SAT SUN


STRENGTH & CARDIO

(701) 775-2586 • www.gfymca.org • Contact: Adam Sorum




	9:00 - 9:30 am BOOM Move Patti GR EX STUDIO		9:00 - 9:30 am BOOM Move Patti GR EX STUDIO		10:00 - 10:30 am Group Cycling Basics Mike CYCLING STUDIO  	
9:30 - 10:20 am SilverSneakers® Classic Patti GR EX STUDIO Chairs are used for seated and standing support.	9:35 - 10:20 am Balance Boost Adam GR EX STUDIO Chairs are used for seated and standing support.	9:30 - 10:20 am SilverSneakers® Circuit Bonnie GR EX STUDIO Chairs are used for seated and standing support.	9:35 - 10:20 am Balance Boost Adam GR EX STUDIO Chairs are used for seated and standing support.	9:30 - 10:20 am SilverSneakers® Yoga Valarie GR EX STUDIO Chairs are used for seated and standing support.		
	9:30 am - 10:15 am LIVESTRONG® YogaFlex Patti STUDIO A/B Chairs are used for seated and standing support. No mat work.		9:30 am - 10:15 am LIVESTRONG® YogaFlex Patti STUDIO A/B Chairs are used for seated and standing support. No mat work.			
4:30 - 5:00 BOOM Muscle 5:00 - 5:30 BOOM Move Kristin GR EX STUDIO		4:30 - 5:00 BOOM Muscle 5:00 - 5:30 BOOM Move Patti GR EX STUDIO				

WATER EXERCISE

8:30-10:00 am Y Water Fit/ Pilates Shallow - Juleen		8:30-9:20 am Y Water Fit Shallow HyeLee		8:30-10:00 am Y Water Fit/ Pilates Shallow - Saori	9:00-10:00 am Shallow Water Power Shallow: Elise/Sam 
	1:30-2:15 pm SilverSneakers Splash Adam		1:30-2:15 pm SilverSneakers Splash Adam		
5:15 - 6:00 pm Shallow Water Power Elise		5:15 - 6:00 pm Shallow Water Power Juleen			

MIND & BODY / STRETCH & STRENGTH

5:35 am MMMM Monday Morning Mindfulness & Motion Lisa H -STUDIO 2	9:30 am - 10:15 am LS YogaFlex Patti STUDIO A/B Seated & standing only.	5:45 am Yoga Jenna Includes floor exercises.	9:30 am - 10:15 am LS YogaFlex Patti STUDIO A/B Seated & standing only.		9:30 - 10:20 am SilverSneakers® Yoga Valarie - GR EX STUDIO Chairs are used for seated and standing support. 
9:30 am Detox Flow Mandy	12:05 - 12:55 pm Yoga (Gentle) Jen Includes floor exercises. Chairs available.	12:05 - 12:55 pm Detox Flow Mandy	12:05 - 12:55 pm Yoga (Gentle) Jen Includes floor exercises. Chairs available.		
12:05 - 12:55 pm Sleep Meditation Mandy	5:15 - 6:15 pm Barre Fitness Ilse STUDIO 2	5:15 - 6:00 pm Pilates Sheila - STUDIO 2	12:30 - 1:30 pm Barre Fitness Ilse GR EX STUDIO		
5:15 - 6:00 pm Pilates Sheila - STUDIO 2					

SILVERSNEAKERS® CARDIO / STRENGTH / YOGA

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.

Group Cycling Basics

One of the best cardio and endurance workouts available, indoor group cycling includes a fun ride including drills, hill climbs, races and more, at a pace right for you. You'll learn proper bike set up and safety guidelines. 30 minutes.

STRENGTH / BALANCE

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.

Barre Fitness

A total body strengthening workout that incorporates yoga, Pilates, & ballet inspired moves to sculpt your body to the beat of music.

OUTLANDERS

The Outlanders group is a great opportunity to spend time with friends, meet new people, expand your knowledge and experience new ventures. Birthday Club meets monthly and features a guest speaker and a potluck lunch. A variety of outings are planned to include places of interest in the community. And, you can always just stop in during the morning for coffee and conversation! Everyone is welcome any time.



Birthday Club

Wednesday, January 16

10:30 am | McElroy/Edwards Comm Rm

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. Swimming skills are not required.

SilverSneakers® 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.

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 (LS) 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 may attend at no charge.

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.

MMMM (Monday Morning Mindfulness & Movement) **New!**

Start the week with calm intention. We will incorporate breathing, stretching, balance and strength poses and movements while encouraging our minds to "stay in the moment." Many of the moves and positions are similar to those in other stretch and strength types of classes and will involve standing, lying, sitting and kneeling. Cueing will be offered to assist participants from beginners onward.

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.

Detox Flow

This all-levels class links breath and movement to support the body's natural detoxification process, to improve circulation, and digestion, balance energy, relieve aches and pains, improve the immune system, build strength, increase flexibility, and improve mental health.

Sleep Meditation Yoga Warm up with simple yet dynamic posture sequencing that will tone, strengthen the body, balance energy, stretch the muscles and connective tissues, and ready the body to lie comfortable through a guided sleep meditation (yoga Nidra).