

## 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 H<sub>2</sub>O

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

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.

## 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 complement to your cardio workout.

### Stretch & Core

The perfect blend of core strengthening and stretching for enhanced stability and flexibility, in a heated environment.

### MMMM (Monday Morning Mindfulness & Movement)

See description under MIND/BODY.

**Balance Boost** - See description under Active Older Adult and Slower Paced.

#### 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

### YMCA Parkinson Wellness Recovery Program

Physical and cognitive activities to help improve the lives of people living with Parkinson Disease 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, including non-contact boxing with heavy & speed bags, jump ropes, core work, and more.

## 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.

## Y SPECIALTY PROGRAMS

### 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.

### 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.

### Y Med Fit

Fitness/wellness post-therapy programming to assist individuals diagnosed with chronic conditions or injuries. Requires assessment and/or medical referral.



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.

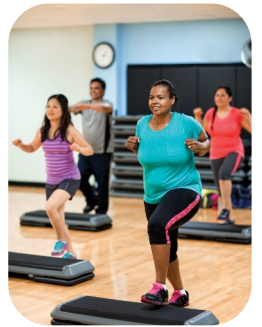
Altru Family YMCA • 215 N 7th St • Grand Forks, ND 58203

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

Schedule is subject to change at any time. © 2018, Altru Family YMCA

December 17 - January 1, 2018

Holiday Hours  
Dec 24: 5:30 - 2:00  
Dec 25: Closed  
Dec 31: 5:30 - 2:00  
Jan 1: 11:00 - 2:00



## CARDIO & CARDIO/STRENGTH COMBO

### 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.

### 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.

### Total Body Sculpt & Tone

Strengthen and define your entire body with this high intense, cardio and total muscle-conditioning workout with light weights to sculpt and tone your body. The moves are simple and easy to follow, but be ready to sweat!

### Kickbox & Strength

A combination of cardio kickboxing and upper/lower body strength training using the cardio barbells and dumbbells, this class will challenge and push you, while you work at your own pace. Workouts will vary, keeping the class fun and interesting. You won't want to miss a day!

### 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

A combination of strength and cardio training using HIIT interval, tabata, and various other teaching methods, utilizing bands, balls, weights, bars, BOSU and more - along with your own body weight - to give you the perfect total body training. The last 10 minutes of class will focus on core strength.

### 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 YMCA lobby.

## 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.

### MMMM (Monday Morning Mindfulness & Movement)

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 Power 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.

### Youth Yoga 101

Explore and learn in a fun, safe and playful way. Benefits include: body awareness, self confidence, stress management, improved concentration, and an alternative to electronics. Class includes breathing techniques, yoga postures and guided mindful meditation.

### Power & Nap

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). Yoga Nidra is an ancient method of healing backed by modern research with healing benefits for trauma and PTSD, insomnia, chronic pain, symptoms of type 2 diabetes, and more.

### 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.

### LIVESTRONG® (LS) YogaFlex


**Free to all LIVESTRONG at the YMCA Alumni.** Everyone welcome. See description under Active Older Adult/Slower Paced. Includes seated and standing poses (no floor work).

MON TUES WED THURS FRI SAT SUN

CARDIO & CARDIO / STRENGTH COMBO

	9:00 - 9:30 am <b>BOOM Move</b> Saori GR EX STUDIO		9:00 - 9:30 am <b>BOOM Move</b> Saori GR EX STUDIO		8:15 - 9:30 am <b>NuBody PLUS</b> Julie GR EX STUDIO	
	11:30 am - 12:15 pm <b>P90X Live</b> Sonia GR EX STUDIO	12:00 - 12:50 pm <b>Total Body Sculpt &amp; Tone</b> Sonia - GR EX STUDIO **No Class Dec 26**	11:30 am - 12:05 pm <b>Strength/Sculpt</b> Sonia GR EX STUDIO	11:20 - 11:55 am <b>Stretch &amp; Core</b> Sonia HEATED YOGA STUDIO **No Class Dec 28**		
4:30 - 5:00 pm <b>BOOM Muscle</b> Kristin GR EX STUDIO	4:30 - 5:25 pm <b>NuBody</b> Julie GR EX STUDIO	4:30 - 5:00 pm <b>BOOM Muscle</b> Patti GR EX STUDIO	4:30 - 5:25 pm <b>NuBody</b> Maria GR EX STUDIO	12:15 - 1:00 pm <b>SpeedPack RUNNING GROUP</b> Sonia Meet in YMCA lobby. **No Class Dec 28**	1:00 - 2:00 pm <b>NuBody TONING</b> Amy GR EX STUDIO **No Class Dec 23**	
5:00 - 5:30 pm <b>BOOM Move</b> Kristin GR EX STUDIO		5:00 - 5:30 pm <b>BOOM Move</b> Patti GR EX STUDIO				
5:35 - 6:30 pm <b>Kickbox &amp; Strength</b> Lynda - GR EX STUDIO	5:35 - 6:30 pm <b>Step &amp; Strength</b> Stan GR EX STUDIO		5:35 - 6:30 pm <b>Step &amp; Strength</b> Stan GR EX STUDIO			
Christmas Eve & New Year's Eve: 2 classes only - 8:30 water ex & 12:10 cycling.	No classes Christmas Day & New Year's Day	5:45 - 6:45 pm <b>Boot Camp</b> Jen W GR EX STUDIO **No Class Dec 26**				

STRENGTH / STRETCH & CORE


5:35 - 6:35 am <b>MMMM (Monday Morning Mindfulness &amp; Movement)</b> Lisa H	6:05 - 6:30 am <b>Group Strength Training</b> Shantel - GR EX STUDIO		5:35 - 6:30 am <b>Total Body Fusion</b> Shantel GR EX STUDIO			
5:35 - 6:30 am <b>Total Body Fusion</b> Shantel GR EX STUDIO	11:30 am - 12:15 pm <b>P90X Live</b> Sonia GR EX STUDIO	12:00 - 12:50 pm <b>Total Body Sculpt &amp; Tone</b> Sonia GR EX STUDIO	11:30 am - 12:05 pm <b>Strength/Sculpt</b> Sonia GR EX STUDIO	11:20 - 11:55 am <b>Stretch &amp; Core</b> Sonia HEATED YOGA STUDIO		

GROUP CYCLING

	5:35 am Jenny	5:35 am Gwen		5:35 am Jenny	8:30 am Jess	1:00 pm Patti
12:10 pm 40 min cycle/abs to follow Sonia	12:20 pm 40 min: Sonia		12:10 pm 40 min: Sonia			
	5:30 pm Patti		5:30 pm Patti			

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 <b>Yoga</b> Jenna			10:00-11:00 am <b>Heated Yoga</b> MacKenzie/Heidi	
9:30 am <b>Detox Power Flow</b> Mandy	9:30 - 10:15 am <b>YogaFlex</b> Seated & Standing Only - Patti **STUDIO 2**	12:05 pm <b>Detox Power Flow</b> Mandy	9:30 - 10:15 am <b>YogaFlex</b> Seated & Standing Only - Patti **STUDIO 2**	9:30 - 10:20 am <b>SilverSneakers Yoga</b> Valarie - **GR EX STUDIO**		
New! 12:05 - 12:55 pm <b>Power &amp; Nap Yoga</b> Mandy	12:05 - 12:55 pm <b>Yoga (Gentle)</b> Saori		12:05 - 12:55 pm <b>Yoga (Gentle)</b> Saori	12:10 - 1:00 pm <b>Heated Yoga</b> MacKenzie		
5:15 pm <b>Pilates</b> Sheila **STUDIO 2**		5:15 pm <b>Pilates</b> Sheila **STUDIO 2**	5:30 pm <b>Youth Yoga 101</b> Mandy - **STUDIO 2**			
5:30 pm <b>Heated Yoga</b> Brian **No Class Dec 10, 24, 31**		5:30 pm <b>Heated Yoga</b> 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

SPECIALTY CLASSES / NEW EXERCISERS / ACTIVE OLDER ADULTS

	9:00 - 9:30 am <b>BOOM Move</b> Saori GR EX STUDIO		9:00 - 9:30 am <b>BOOM Move</b> Saori GR EX STUDIO			
	9:30 - 10:15 am <b>LS YogaFlex</b> Seated & Standing Only - Patti STUDIO 2 *Free to LIVESTRONG Alumni*		9:30 - 10:15 am <b>LS YogaFlex</b> Seated & Standing Only - Patti STUDIO 2 *Free to LIVESTRONG Alumni*			
9:30 - 10:20 am <b>SilverSneakers Classic</b> Patti - GR EX STUDIO	9:35 - 10:20 am <b>Balance Boost</b> Saori	9:30 - 10:20 am <b>SilverSneakers Circuit</b> Bonnie - GR EX STUDIO	9:35 - 10:20 am <b>Balance Boost</b> Saori	9:30 - 10:20 am <b>SilverSneakers Yoga</b> Valarie - GR EX STUDIO		
10:30 am - 12:00 pm <b>PARKINSON Wellness</b> FITNESS CENTER	10:30 am - 12:00 pm <b>ROCK STEADY BOXING</b> FITNESS CENTER		10:30 am - 11:30 pm <b>PARKINSON Wellness &amp; Cycling</b> FITNESS CNTR & CYCLING ST			
4:15 - 5:30 pm <b>LIVESTRONG at the YMCA</b>		4:15 - 5:30 pm <b>LIVESTRONG at the YMCA</b>				
4:30 - 5:00 pm <b>BOOM Muscle</b> Kristin GR EX STUDIO		4:30 - 5:30 pm <b>Diabetes Prevention</b> McElroy/Edwards Comm Rm *Fees Apply* 1 yr program				
5:00 - 5:30 pm <b>BOOM Move</b> Kristin GR EX STUDIO		4:30 - 5:00 pm <b>BOOM Muscle</b> Patti GR EX STUDIO				
6:00 - 7:00 pm <b>Diabetes Prevention</b> McElroy/Edwards Comm Rm *Fees Apply* In-session.		5:00 - 5:30 pm <b>BOOM Move</b> Patti GR EX STUDIO				


WATER EXERCISE

8:30-10:00 am <b>Y Water Fit/Pilates</b> Shallow: Saori	8:30-9:30 am <b>Boot Camp H2O</b> Chris/Angie	8:30-9:30 am <b>Y Water Fit</b> Shallow: HyeLee	8:30-9:30 am <b>Boot Camp H2O</b> Chris/Angie	8:30-10:00 am <b>Y Water Fit/Pilates</b> Shallow: Saori	9:00-10:00 am <b>Shallow Water Power</b> Shallow: Eise/Sam	
	1:30-2:15 pm <b>SilverSneakers Splash</b> Saori		1:30-2:15 pm <b>SilverSneakers Splash</b> Saori			
5:15 pm <b>Total Body Conditioning</b> Becky		5:15 pm <b>Total Body Conditioning</b> Becky				
5:15 pm <b>Shallow Water Power</b> Elise	6:45 - 7:45 pm <b>Total Body Conditioning/HIIT</b> Deep - Julie/Kelly	5:15 pm <b>Shallow Water Power</b> Taycee	6:45 - 7:45 pm <b>Total Body Conditioning/HIIT</b> Deep - Julie/Kelly			

**Lap Swim**  
Mon-Fri 5:45 - 8:25 am / 11:30 am - 1:30 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

		5:30 pm <b>Youth Yoga 101</b> Mandy - **STUDIO 2**				
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**Youth Fitness Membership**  
Youth age 10+ who attend Y.F.M. training may use designated equipment in the Fitness Center. Call the Fitness Center to schedule an appointment.