

Group Fitness Schedule-At-A-Glance

March 5 - 31, 2019

Altru Family YMCA, Grand Forks, ND

www.gfymca.org • (701) 775-2586



	MON	TUES	WED	THURS	FRI	SAT	SUN
5:35 AM	Total Body Fusion	Group Cycling	Group Cycling	Total Body Fusion	Group Cycling		
5:35 AM	Mindfulness & Movement						
5:45 AM			YOGA				
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						Cycle Basics	
10:00 AM						Heated Yoga	
10:30 AM	Parkinson Wellness (PWR!)	Rock Steady Boxing		Parkinson Wellness & Cycle			
11:05 AM	Detox Flow Yoga						
11:20 AM					Stretch & Core		
11:30 AM		P90X		Strength/Sculpt			
12:05 PM	Sleep Meditation Yoga	Yoga (gentle)	Detox Flow Yoga	Yoga (gentle)			
12:10 PM			Total Body Sculpt & Tone				
12:10 PM	Cycle & Abs			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			
4:30 PM	BOOM® Muscle	NuBody	BOOM® Muscle	NuBody			
4:30 PM			Diabetes Prev				
5:00 PM	BOOM® Move		BOOM® Move				
5:15 PM	Pilates		Pilates				
5:15 PM	Shallow Water Pwr		Shallow Water Pwr				
5:15 PM	Total Body Cond		Total Body Cond				
5:30 PM		Group Cycling	Group Cycling	Group Cycling			
5:30 PM	Heated Yoga	Pilates Hybrid Flow	Heated Yoga	Pilates Hybrid Flow			
5:30 PM		Barre Fitness					
5:35 PM	BRICKS	Step & Strength		Step & Strength		Fitness Center	Mini Gym
5:45 PM			Boot Camp			GR EX STUDIO	
6:00 PM	Hapkido Self Defense		Hapkido Self Defense			YOGA STUDIO	CYCLING STUDIO
6:00 PM	Diabetes Prev					POOL	LOBBY
6:35 PM	Zumba					Community Room	Studio 2
6:45 PM		Total Body Cond deep		Total Body Cond deep			
7:00 PM	Beginner Boxing		Beginner Boxing				2/28/2019