






Classes for Active Older Adults, & New Exercisers




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			
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.	10:00 - 10:30 am Group Cycling Basics Mike CYCLING STUDIO   	
	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 Patti GR EX STUDIO		4:30 - 5:00 BOOM Muscle 5:00 - 5:30 BOOM Move Patti GR EX STUDIO		4:30 - 5:30 pm ZUMBA Tiffany 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	
5:15 - 6:00 pm Shallow Water Power Elise *Last Indoor Class: May 22* *Will resume OUTDOORS starting June 3*	1:30-2:15 pm SilverSneakers Splash Adam ** Last class: May 23 **	5:15 - 6:00 pm Shallow Water Power Juleen *Last Indoor Class: May 22* *Will resume OUTDOORS starting June 3*	1:30-2:15 pm SilverSneakers Splash Adam ** Last class: May 23 **		9:00-10:00 am Shallow Water Power Shallow: Elise/Sam 

MIND & BODY / STRETCH & STRENGTH

5:35 am MMMM Monday Morning Mindfulness & Motion Lisa H -STUDIO 2 *Last class May 13*	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.	
11:05 AM Yoga Basics Mandy	12:05 - 12:55 pm Yoga (Gentle) Jen Includes floor exercises. Chairs available.	12:05 - 12:55 pm Kundalini Yoga Mandy	12:05 - 12:55 pm Yoga (Gentle) Jen Includes floor exercises. Chairs available.		
12:05 - 12:55 pm Sleep Meditation Yoga - Mandy		5:15 - 6:00 pm Pilates Sheila - STUDIO 2	5:30 - 6:30 pm Barre Fitness Ilse **STUDIO 2** *No class May 23*		

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.

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.

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.

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.

Zumba

Zumba is a Latin-inspired dance-fitness class incorporating Latin, International, and popular music with dance movements to create a dynamic, exciting, and effective fitness system. Traditional dances such as Salsa, Cumbia, Merengue and Reggaeton, etc. are mixed with contemporary Hip-Hop, Pop, Jazz and Fitness Moves.

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

SEE DESCRIPTION UNDER SILVER SNEAKERS.

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)

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.

Yoga Basics

This class is perfect for students who are either new to yoga or looking to return to basics. Learn foundational yoga postures and alignment, breathing practice, meditation, deep relaxation, and basic yoga teachings.

Kundalini Yoga

Kundalini Yoga (the yoga of awareness) works on the different planes of being from specific tools: dynamic or static physical postures (asanas), breath control (pranayama), mental concentration work, sounds, songs, meditation (sung with mantras or silent) and relaxation. Everyone can practice Kundalini yoga and it's benefits are incredible.

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).