

# Y GROUP FITNESS SCHEUDLE AT-A-GLANCE

Sept 3 - 29, 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		Total Body Fusion	Group Cycling		
5:45 AM			Group Cycling				
5:45 AM			YOGA				
6:05 AM		Gr Strength Tr					
8:15 AM							
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	LIVESTRONG Yoga Flex	SilverSneakers® Circuit	LIVESTRONG Yoga Flex	SilverSneakers® Yoga		
9:35 AM		Balance Boost		Balance Boost			
10:00 AM						Yoga on the Greenway	
10:45 AM					Bone Builders		
10:30 AM	Parkinson Wellness (PWR!)	Rock Steady Boxing		Parkinson Cycle			
11:05 AM	Yoga Therapy						
11:30 AM		P90X		Strength/Sculpt			
12:00 PM			Total Body Sculpt & Tone				
12:05 PM	Sleep Meditation Yoga	Yoga (gentle)		Yoga (gentle)			
12:10 PM	Cycle & Abs			Group Cycling			
12:20 PM		Group Cycling					
1:30 PM		SilverSneakers Splash		SilverSneakers Splash			
4:30 PM	BOOM® Muscle		BOOM® Muscle		ZUMBA		
5:00 PM	BOOM® Move		BOOM® Move				
5:15 PM	Shallow Water Pwr		Shallow Water Pwr		Heated Yoga		
5:15 PM	Total Body Cond		Total Body Cond			Fitness Center	Mini Gym
5:30 PM		Group Cycling		Group Cycling		GR EX STUDIO	
5:30 PM	Heated Yoga	Pilates Hybrid Flow	Heated Yoga			YOGA STUDIO	CYCLING STUDIO
5:45 PM			Group Strength			POOL	LOBBY
5:35 PM	BRICKS	Step & Strength		Step & Strength		Community Room	Studio 2
6:00 PM	Hapkido Self Defense		Hapkido Self Defense				
7:00 PM	Beginner Boxing		Beginner Boxing				9/3/2019

