

## 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.

### Total Body Sculpt & Tone

Strengthen and define your entire body with this highly intense but easy to follow, cardio and total muscle-conditioning workout with light weights to sculpt and tone your body.

### BRICKS

A combination of strength and cardio training using body weight resistance, interval training, kickboxing, weights and more.

### 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.

### Hapkido Self Defense

Enjoy learning the functional Martial Art of Hapkido in a focused and fun environment while developing fitness, balance, flexibility, increased focus, discipline and stress relief.

### Beginner Boxing

Participants will be introduced to the basics of boxing in a friendly and safe environment.

### 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.

### 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.

## 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.

### 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.

### Balance Boost

Improve your balance, posture, flexibility, and cardiovascular capacity for enhanced functionality for daily living. Exercises target the body from head to toe to keep you healthy, strong, mobile and independent. 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.

## 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, as well as personalized training for Special Olympic and Paralympic athletes. Requires assessment and/or medical referral.

### 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.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# REACH YOUR POTENTIAL

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. © 2019, Altru Family YMCA

September 3 - 29, 2019



## 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 compliment to your cardio workout.

### Balance Boost

Improve your balance, posture, flexibility, and cardiovascular capacity for enhanced functionality for daily living. Exercises target the body from head to toe to keep you healthy, strong, mobile and independent. Chairs are available for seated and standing support.

### Bone Builders

An exercise class for people with osteoporosis that will improve posture, back strength, range of motion, and flexibility - and decompress the spine - all while lying down.

## 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.

## 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.

### Yoga Therapy

Therapeutic yoga is an inherently holistic approach, simultaneously working on the body, mind, and spirit. Various yoga practices systematically strengthen different systems in the body, including the heart and cardiovascular system, the lungs, muscles, and the nervous system.

### 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). 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. 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.

### Pilates Hybrid Flow

A low-impact, intermediate-intensity total-body workout combining mat Pilates exercises with the flowing movements and poses of yoga. Increase flexibility, strengthen and sculpt your entire body. Class is located in the heated yoga studio.

### 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

MON TUES WED THURS FRI SAT SUN

CARDIO & CARDIO / STRENGTH COMBO

4:30 - 5:00 pm <b>BOOM® Muscle</b> Patti GR EX STUDIO	9:00 - 9:30 am <b>BOOM Move</b> Patti GR EX STUDIO	12:00 - 12:50 pm <b>Total Body Sculpt &amp; Tone</b> Sonia - GR EX STUDIO	9:00 - 9:30 am <b>BOOM Move</b> Patti GR EX STUDIO	8:15 NuBody is temporarily discontinued.	
5:00 - 5:30 pm <b>BOOM® Move</b> Patti GR EX STUDIO	11:30 am - 12:15 pm <b>P90X® Live</b> Sonia GR EX STUDIO	4:30 - 5:00 pm <b>BOOM® Muscle</b> Kristin GR EX STUDIO	11:30 am - 12:05 pm <b>Strength/Sculpt</b> Sonia GR EX STUDIO		
4:30 NuBody is temporarily discontinued.		5:00 - 5:30 pm <b>BOOM® Move</b> Kristin GR EX STUDIO	4:30 NuBody is temporarily discontinued.		
5:35 - 6:30 pm <b>BRICKS</b> Lynda GR EX STUDIO	5:35 - 6:30 pm <b>Step &amp; Strength</b> Stan - GR EX STUDIO	5:45 - 6:45 pm <b>Group Strength Training</b> Jen W - GR EX STUDIO	5:35 - 6:30 pm <b>Step &amp; Strength</b> Stan - GR EX STUDIO		
6:00 - 7:00 pm <b>Hapkido Self Defense</b> FITNESS CENTER * No class Sept 2*		6:00 - 7:00 pm <b>Hapkido Self Defense</b> FITNESS CENTER * No class Sept 4*			
7:00 - 8:00 pm <b>Beginner Boxing</b> FITNESS CENTER		7:00 - 8:00 pm <b>Beginner Boxing</b> FITNESS CENTER			

MIND & BODY

\*\*All classes are offered in the **Heated Yoga Studio** unless otherwise noted.  
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>Yoga on the Greenway</b> *Behind the Toasted Frog* At the Y in the case of inclement weather. MacKenzie
11:05 am <b>Yoga Therapy</b> Mandy	9:30 - 10:15 am <b>YogaFlex</b> Seated & Standing Only - Patti **GR EX STUDIO**		9:30 - 10:15 am <b>YogaFlex</b> Seated & Standing Only - Patti **GR EX STUDIO**	9:30 - 10:20 am <b>SilverSneakers® Yoga</b> **GR EX STUDIO** Patti	
12:05 pm <b>Sleep Meditation Yoga</b> Mandy	12:05 - 12:55 pm <b>Yoga (Gentle)</b> Jen		12:05 - 12:55 pm <b>Yoga (Gentle)</b> Jen	12:05 - 12:55 pm <b>Yoga (Gentle)</b> Saori	
				5:15- 6:15 pm <b>Heated Yoga</b> MacKenzie	<div style="border: 1px solid black; padding: 5px;"><b>Self Practice</b> 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. <i>Sign in &amp; out at the Fitness Center Desk. Follow posted guidelines.</i></div>
5:30 pm <b>Heated Yoga</b> Leah	5:30 pm <b>Pilates Hybrid Flow</b> Lynda	5:30 pm <b>Heated Yoga</b> MacKenzie			

STRENGTH / STRETCH & CORE

	6:05 - 6:30 am <b>Group Strength Training</b> Shantel - GR EX STUDIO	12:00 - 12:50 pm <b>Total Body Sculpt &amp; Tone</b> Sonia 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	5:45 - 6:45 pm <b>Group Strength Training</b> Jen W - GR EX STUDIO	11:30 am - 12:05 pm <b>Strength/Sculpt</b> Sonia GR EX STUDIO		

GROUP CYCLING

	5:35 am Jenny	5:45 am Gwen	5:35 am Jenny	
12:10 pm 40 min cycle/abs to follow Sonia	12:20 pm 40 min: Sonia	12:10 pm 40 min: Sonia	8:30 am Jess	
	5:30 pm 45 min cycle/20 min core Patti	5:30 pm 45 min cycle/20 min core Patti		

MON TUES WED THURS FRI SAT SUN

SPECIALTY CLASSES / NEW EXERCISERS / ACTIVE OLDER ADULTS

	9:00 - 9:30 am <b>BOOM Move</b> Patti GR EX STUDIO		9:00 - 9:30 am <b>BOOM Move</b> Patti GR EX STUDIO	
	9:30 - 10:15 am <b>LS YogaFlex</b> Seated & Standing Only - Patti GR EX STUDIO *Free to LIVESTRONG Alumni*		9:30 - 10:15 am <b>LS YogaFlex</b> Seated & Standing Only - Patti GR EX STUDIO *Free to LIVESTRONG Alumni*	
9:30 - 10:30 am <b>SilverSneakers® Classic</b> Patti - GR EX STUDIO	9:35 - 10:20 am <b>Balance Boost</b> Adam FITNESS CENTER	9:30 - 10:20 am <b>SilverSneakers® Circuit</b> Bonnie - GR EX STUDIO	9:35 - 10:20 am <b>Balance Boost</b> Adam FITNESS CENTER	9:30 - 10:30 am <b>SilverSneakers® Yoga</b> **GR EX STUDIO** Patti
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 Cycling</b> CYCLING STUDIO	10:45 am <b>Bone Builders</b> Adam - GR EX STUDIO
		4:30 - 5:30 pm <b>Diabetes Prevention</b> McElroy/Edwards Comm Rm *Fees Apply* 1 yr program		
4:30 - 5:00 pm <b>BOOM® Muscle</b> Patti GR EX STUDIO		4:30 - 5:00 pm <b>BOOM® Muscle</b> Kristin GR EX STUDIO		
5:00 - 5:30 pm <b>BOOM® Move</b> Patti GR EX STUDIO		5:00 - 5:30 pm <b>BOOM® Move</b> Kristin GR EX STUDIO		
6:00 - 7:00 pm <b>Diabetes Prevention</b> McElroy/Edwards Comm Rm				



WATER EXERCISE

8:30 - 10:00 am <b>Y Water Fit &amp; Pilates</b> Shallow: Saori	8:30-9:30 am <b>Boot Camp H2O</b> Angie	8:30-9:30 am <b>Y Water Fit</b> Shallow: Angie	8:30-9:30 am <b>Boot Camp H2O</b> Angie	8:30 - 10:00 am <b>Y Water Fit &amp; Pilates</b> Shallow: Saori	9:00-10:00 am <b>Shallow Water Power</b> Shallow: Eise/Sam
	1:30 pm <b>SilverSneakers® Splash</b> Saori		1:30 pm <b>SilverSneakers® Splash</b> Saori		
5:15 pm <b>Shallow Water Power</b> Eise		5:15 pm <b>Shallow Water Power</b> Bailey			<div style="border: 1px solid black; padding: 5px;"><b>Lap Swim</b> 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 <b>Open/Family Swim</b> M/W/F 7:00 - 8:30 pm Sat/Sun 2:00 - 5:00 pm</div>
5:15 pm <b>Total Body Conditioning/HIIT</b> Deep - Aspen		5:15 pm <b>Total Body Conditioning/HIIT</b> Deep - Julie			



YOUTH & FAMILY FITNESS

**SPARK Kids Fitness**

SPARK is cancelled for the summer and will resume after school starts in the fall.

**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.

