

# Y GROUP FITNESS SCHEDULE AT-A-GLANCE

Nov 4 - Dec 1, 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						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	LIVESTRONG Yoga Flex	SilverSneakers® Circuit	LIVESTRONG Yoga Flex	SilverSneakers® Yoga		
9:35 AM		Balance Boost		Balance Boost			
10:00 AM							
10:00 AM						Heated Yoga	
10:45 AM					Bone Builders		
10:30 AM	Parkinson Wellness (PWR)	Rock Steady Boxing		Parkinson Cycle			
11:05 AM	Yoga Therapy						
11:20 AM					Stretch & Core		
11:30 AM		P90X		Strength/Sculpt			
12:00 PM			Suspension Basic Training				
12:05 PM	Sleep Meditation Yoga	Yoga (gentle)	Yoga (gentle)	Yoga (gentle)			
12:10 PM	Cycle & Abs			Group Cycling	Yoga (gentle)		
12:20 PM		Group Cycling					
1:00 PM							Group Cycling
1:30 PM		SilverSneakers Splash		SilverSneakers Splash			
4:30 PM	BOOM® Muscle	NuBody	BOOM® Muscle	NuBody			
5:00 PM	BOOM® Move		BOOM® Move				
5:05 PM	SPARK KidFit		SPARK KidFit				
5:15 PM	Shallow Water Power		Shallow Water Power				
5:15 PM	Deep Water Power		Deep Water Power				
5:15 PM	Pilates		Pilates			Fitness Center	Mini Gym
5:30 PM		Barre Fitness					
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			Heated Yoga			
6:00 PM				Hapkido Self Defense			
7:00 PM	Beginner Boxing		Beginner Boxing				10/31/2019