

Y GROUP FITNESS SCHEUDLE AT-A-GLANCE

January 2 - February 2, 2020

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			
10:00 AM						Cycle Basics	
10:00 AM							
10:45 AM					Bone Builders		
10:30 AM	Parkinson Wellness (PWR!) Yoga Therapy	Rock Steady Boxing		Parkinson Cycle			
11:05 AM					Delay the Disease		
11:20 AM							
11:30 AM		Bootcamp		Bootcamp			
12:05 PM	Sleep Meditation Yoga	Yoga (gentle)	Yoga (gentle)	Yoga (gentle)			
12:10 PM	Cycle & Abs		Group Cycling		Cycle & Abs		
12:10 PM					Yoga (gentle)		
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				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	Zumba			1/1/2020