






**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 <b>BOOM Move</b> Patti GR EX STUDIO		9:00 - 9:30 am <b>BOOM Move</b> Patti GR EX STUDIO		10:00 am <b>Cycle Basics</b> Mike GROUP CYCLING STUDIO  	
9:30 - 10:20 am <b>SilverSneakers®          Classic</b> Patti GR EX STUDIO Chairs are used for seated and standing support.	9:35 - 10:20 am <b>Balance Boost</b> Adam FITNESS CENTER Chairs are used for seated and standing support.	9:30 - 10:20 am <b>SilverSneakers®          Circuit</b> Bonnie GR EX STUDIO Chairs are used for seated and standing support.	9:35 - 10:20 am <b>Balance Boost</b> Adam FITNESS CENTER Chairs are used for seated and standing support.	9:30 - 10:20 am <b>SilverSneakers®          Yoga</b> Patti GR EX STUDIO Chairs are used for seated and standing support.		
	9:30 am - 10:15 am <b>LIVESTRONG®          YogaFlex</b> Patti GR EX STUDIO Chairs are used for seated and standing support. No mat work.		9:30 am - 10:15 am <b>LIVESTRONG®          YogaFlex</b> Patti GR EX STUDIO Chairs are used for seated and standing support. No mat work.	10:45 am <b>Bone Builders</b> Adam GR EX STUDIO		
4:30 - 5:00 <b>BOOM Muscle</b> 5:00 - 5:30 <b>BOOM Move</b> Patti GR EX STUDIO		4:30 - 5:00 <b>BOOM Muscle</b> 5:00 - 5:30 <b>BOOM Move</b> Patti GR EX STUDIO				

**WATER EXERCISE**

8:30-10:00 am <b>Y Water Fit/          Pilates</b> Shallow - Saori		8:30-9:20 am <b>Y Water Fit</b> Shallow - Angie		8:30-10:00 am <b>Y Water Fit/          Pilates</b> Shallow - Saori	9:00-10:00 am <b>Shallow Water          Power</b> Shallow: Elise/Sam 
	1:30 pm <b>SilverSneakers          Splash</b> Saori		1:30 pm <b>SilverSneakers          Splash</b> Saori		
5:15 - 6:00 pm <b>Shallow Water          Power</b> Elise		5:15 - 6:00 pm <b>Shallow Water          Power</b> Baily			

**MIND & BODY / STRETCH & STRENGTH**

11:05 AM <b>Yoga Therapy</b> Mandy	9:30 am - 10:15 am <b>LS YogaFlex</b> Patti GR EX STUDIO Seated & standing only.	5:45 am <b>Yoga</b> Jenna/Kerri Includes floor exercises.	9:30 am - 10:15 am <b>LS YogaFlex</b> Patti GR EX STUDIO Seated & standing only.	9:30 - 10:20 am <b>SilverSneakers®          Yoga</b> Patti - GR EX STUDIO Chairs are used for seated and standing support.	
12:05 - 12:55 pm <b>Sleep Meditation          Yoga - Mandy</b>	12:05 - 12:55 pm <b>Yoga          (Gentle)</b> Jen Includes floor exercises. Chairs available.		12:05 - 12:55 pm <b>Yoga          (Gentle)</b> Jen Includes floor exercises. Chairs available.	12:05 - 1:00 pm <b>Yoga          (Gentle)</b> Saori Includes floor exercises. Chairs available.	
5:15 pm <b>Pilates</b> Sheila - STUDIO 2	5:30 pm <b>Barre Fitness</b> STUDIO 2 - Jill	5:15 pm <b>Pilates</b> Sheila - STUDIO 2			

## 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.

### 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.

### 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.

### 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.

## MIND/BODY

### Yoga (early morning)

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.

### 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).

### 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.

### Barre Fitness

Barre fitness combines ballet-inspired moves with elements of Pilates, dance, yoga, and strength training. This class will incorporate a ballet barre and help you develop a stronger core, better posture, leaner legs, and more. Each low-impact exercise will target the muscles and push them to fatigue while improving flexibility and strength.



### Birthday Club

Wednesday, Feb 19, 2020  
10:30 am