

## 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.

### 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.

### Bootcamp

Similar to P90X, this class features a warm up, followed by challenging cardio, strength and core work using a variety of equipment including TRX bands, weights, BOSUs, cardio barbells and more. Class ends with a 5 minute cool 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.

### Deep Water Power

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.

## 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.

### 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.

### 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.

## YOUTH FITNESS CLASS

### SPARK kids Fitness

Get your workout in while your kids enjoy their very own class! Class includes supervised activities for youth ages approx. 8-12, focusing on games, sports, play, teamwork and fun! Sign-in and sign-out required (any time between 5:50 and 6:40 pm).



# REACHING OUR POTENTIAL



ALTRU FAMILY YMCA

## Group Fitness Classes

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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](http://www.gfymca.org) • Contact: Adam Sorum / Sonia Kraft  
Schedule is subject to change at any time. © 2020, Altru Family YMCA

March 2 - 29, 2020



## 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 complement to your cardio workout.

### 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.

## 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.

### 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.

### Delay the Disease

Delay the Disease is an evidenced-based fitness program designed to optimize physical function and help delay the progression of symptoms associated with Parkinson disease.

### National Diabetes Prevention Program

The YMCA is a host site for Altru Health System's National Diabetes Prevention Program, a lifestyle change program to help people prevent the onset of type 2 diabetes. Contact Adam Sorum about how to enroll through Altru Health System.

## 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 comfortably 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.

### 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.

### 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		9:00 - 9:30 am <b>BOOM Move</b> Patti GR EX STUDIO	8:15 - 9:30 am <b>NuBody PLUS</b> Julie GR EX STUDIO	
5:00 - 5:30 pm <b>BOOM® Move</b> Patti GR EX STUDIO	11:30 am - 12:15 pm <b>Bootcamp</b> Sonia GR EX STUDIO	4:30 - 5:00 pm <b>BOOM® Muscle</b> Patti GR EX STUDIO	11:30 am - 12:15 pm <b>Bootcamp</b> Sonia GR EX STUDIO		
	4:30 - 5:25 pm <b>NuBody</b> Julie GR EX STUDIO *No class 3/3*	5:00 - 5:30 pm <b>BOOM® Move</b> Patti GR EX STUDIO	4:30 - 5:25 pm <b>NuBody</b> Julie GR EX STUDIO *No class 3/5*		
5:35 - 6:30 pm <b>NuBody Tone</b> Julie GR EX STUDIO	5:35 - 6:30 pm <b>Step &amp; Strength</b> Stan - 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			6:00 - 7:00 pm <b>Hapkido Self Defense</b> FITNESS CENTER		
7:00 - 8:00 pm <b>Beginner Boxing</b> FITNESS CENTER		7:00 - 8:00 pm <b>Beginner Boxing</b> FITNESS CENTER	7:00 - 8:00 pm <b>Zumba</b> Tiffany - GR EX STUDIO		

**MIND & BODY**


\*\*All classes are offered in the **Heated Yoga Studio** unless otherwise noted.  
Heated = approx. 90° / Humidity 40% / Non-heated = approx. 75° - 85°

		5:35 - 6:30 am <b>Yoga</b> Jenna/Kerri			
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 - 1:00 pm <b>Yoga (Gentle)</b> Saori	
5:15 pm <b>Pilates</b> STUDIO 2 - Sheila	5:30 pm <b>Barre Fitness</b> STUDIO 2 - Jill *No class 3/3 & 3/10*	5:15 pm <b>Pilates</b> STUDIO 2 - Sheila			
5:30 pm <b>Heated Yoga</b> Leah	5:35 pm <b>Pilates Hybrid Flow</b> Lynda *No class 3/3*				
<p><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. Sign in &amp; out at the Fitness Center Desk. Follow posted guidelines.</p>					

**STRENGTH / STRETCH & CORE**

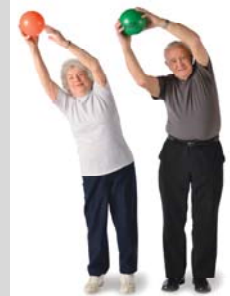
5:35 - 6:30 am <b>Total Body Fusion</b> Shantel GR EX STUDIO	6:05 - 6:30 am <b>Group Strength Training</b> Shantel - GR EX STUDIO		5:35 - 6:30 am <b>Total Body Fusion</b> Shantel GR EX STUDIO	
	11:30 am - 12:15 pm <b>Bootcamp</b> Sonia GR EX STUDIO		11:30 am - 12:15 pm <b>Bootcamp</b> Sonia GR EX STUDIO	

**GROUP CYCLING**

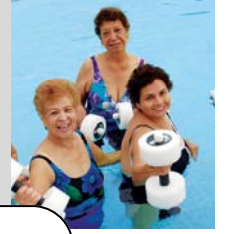
	5:35 am Jenny		5:45 am Gwen	5:35 am Jenny	
12:10 pm 40 min cycle/abs to follow Sonia		12:10 pm 40 min: Sonia		12:10 pm 40 min cycle/abs to follow Sonia	
	5:30 pm 45 min cycle/15 min core Patti		5:30 pm 45 min cycle/15 min core Patti		

**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
					11:20 am <b>DELAY THE DISEASE</b> Adam - FITNESS CENTER
4:30 - 5:00 pm <b>BOOM® Muscle</b> Patti GR EX STUDIO		4:30 - 5:00 pm <b>BOOM® Muscle</b> Patti GR EX STUDIO			

**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	
	1:30 pm <b>SilverSneakers® Splash</b> Saori		1:30 pm <b>SilverSneakers® Splash</b> Saori		
5:15 pm <b>Shallow Water Power</b> Elise		5:15 pm <b>Shallow Water Power</b> Bailey			
5:15 pm <b>Deep Water Power</b> Deep - Aspen		5:15 pm <b>Deep Water Power</b> Deep - Julie			
<p><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</p> <p><b>Open/Family Swim</b> M/W/F 7:00 - 8:30 pm Sat/Sun 2:00 - 5:00 pm</p>					
<p><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. Sign in &amp; out at the Fitness Center Desk. Follow posted guidelines.</p>					

**YOUTH & FAMILY FITNESS**

5:05 - 6:40 <b>SPARK Kids Fitness</b> MINI GYM Sam		5:05 - 6:40 <b>SPARK Kids Fitness</b> MINI GYM Sam	
<p><b>Youth Fitness Membership</b> 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.</p>			