



ALTRU FAMILY YMCA GROUP FITNESS CLASS SCHEDULE SEPTEMBER 2020 (Effective Sept 14)

MON	TUES	WED	THURS	FRI	SAT	SUN
	5:30 am SUNRISE YOGA Yoga Studio • Kelsey	5:30 am YOGA Yoga Studio • Kerri		5:30 am SUNRISE YOGA Yoga Studio • Kelsey		
	5:45 am OUTDOOR SPIN South Side • Jenny		5:35 – 6:15 am TOTAL BODY FUSION Gr Ex Studio • Shantel			
8:30 am WATER FIT Pool	8:30 am BOOT CAMP H2O Pool	8:30 am WATER FIT Pool	8:30 am BOOT CAMP H2O Pool	8:30 am WATER FIT Pool	8:15 am NUBODY Gr Ex Studio	
9:30 am FUNCTION & FITNESS Gr Ex Studio • Adam	9:30 am YOGA FLEX Gr Ex Studio • Patti	9:30 am SILVERSNEAKERS CIRCUIT Gr Ex Studio • Bonnie	9:30 am YOGA FLEX Gr Ex Studio • Patti	9:30 am SILVERSNEAKERS CLASSIC Gr Ex Studio • Patti	9:00 am SHALLOW WATER POWER Pool	
	11:30 am BOOTCAMP Gr Ex Studio • Sonia		11:30 am BOOTCAMP Gr Ex Studio • Sonia		10:00 am YOGA ON THE GREENWAY Saori	
12:10 OUTDOOR SPIN South Side • Sonia	12:15 YOGA ON THE GREENWAY Jen	12:10 OUTDOOR SPIN South Side • Sonia	12:15 YOGA ON THE GREENWAY Jen			
	4:00 pm PILATES Gr Ex Studio • Sheila		4:00 pm PILATES Gr Ex Studio • Sheila			
4:30 pm BOOM MUSCLE Gr Ex Studio • Patti	4:30 pm NUBODY Gr Ex Studio • Julie	4:30 pm BOOM MUSCLE Gr Ex Studio • Patti	4:30 pm NUBODY Gr Ex Studio • Julie			
5:00 pm BOOM MOVE Gr Ex Studio • Patti		5:00 pm BOOM MOVE Gr Ex Studio • Patti				
5:15 pm SHALLOW WATER & DEEP WATER Pool		5:15 pm SHALLOW WATER & DEEP WATER Pool				



EFFECTIVE SEPT 8, 2020

LAP SWIM

Mon through Fri	5:45 - 8:25 am / 11:30 am - 1:30 pm
Mon/Wed/Fri	6:00 - 7:00 pm
Saturday	7:00 - 8:55 am / 12:00 pm - 1:25 pm
Sunday	12:00 noon - 1:25 pm

WATER EXERCISE CLASSES

Mon/Wed/Fri	8:30 - 9:30 am	WATER FIT
Tues/Thurs	8:30 - 9:30 am	BOOT CAMP H ₂ O
Mon/Wed	5:15 - 6:00 pm	SHALLOW & DEEP WATER
Saturday	9:00 - 10:00 am	SHALLOW WATER POWER

OPEN/FAMILY SWIM

M/W/F	7:00 - 8:30 pm
Saturday	2:00 - 3:30 pm
Sunday	2:00 - 3:30 pm

✓ Please bring your own towel, as our towel service is not available at this time.

ALTRU FAMILY YMCA • 215 N 7th St • Grand Forks, ND 58203 • 701-775-2586 • www.gfymca.org
This schedule is subject to change at any time. 09/04/2020

Updated: 9/4/2020

CLASS DESCRIPTIONS

WATER EXERCISE

Y Water Fit

A low-impact alternative to traditional land aerobics with the intensity you want with aerobic activity and strength exercises.

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. Swimming skills are not required.

Boot Camp H2O

This exciting and challenging workout incorporates cardiovascular work, strength and core training - setting new standards in water-based fitness.

MIND/BODY

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.

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.

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.

Yoga on the Greenway

Enjoy yoga in the great outdoors, on the Greenway behind the Toasted Frog. Bring a mat, towel, sunscreen, bug spray, water and anything else you may need.

Sunrise Yoga

All levels yoga class focuses on longer holds. You will do about six main poses throughout this class, opening up muscles and joints to their natural range of motion. Class concludes with a laying meditation. Start your day off on a high note with this sunrise yoga class!



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CARDIO & CARDIO/STRENGTH

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.

Bootcamp

This intense and advanced boot camp style class features a creative variety of challenging total body moves using a wide variety of equipment.

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.

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. 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. 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.

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.

Function & Fitness

This class combines a safe warm-up with flexibility, balance, strength and coordination exercises to help participants improve their ability to move and perform activities of daily life. Seniors and special populations (Parkinson Wellness, LIVESTRONG at the YMCA, Diabetes Prevention, and Cardiac/ Pulmonary Phase 3) are all invited to join us.

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.