



ALTRU FAMILY YMCA GROUP FITNESS CLASS SCHEDULE

March 1, 2021



MARCH 2021

Subject to change at any time. Date published: 02/26/21

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|--|---|--|---|---|-----|
| | 5:35 am GROUP CYCLING Jenny | 5:35 am YOGA Yoga Studio • Jenna | 5:35am TOTAL BODY FUSION Gr Ex Studio • Shantel | | 8:15 am NUBODY Gr Ex Studio | |
| 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 | 9:00 am SHALLOW WATER POWER Pool | |
| 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 | 9:15 am FUNCTION & FITNESS Gr Ex Studio • Adam | | |
| | 11:30 am BOOTCAMP Gr Ex Studio • Sonia | 10:30 am TAI CHI For Veterans Everyone Welcome Gr Ex Studio • Emi | 11:30 am BOOTCAMP Gr Ex Studio • Sonia | 10:15 am TAI CHI For Arthritis & Balance Gr Ex Studio • Bill V | | |
| 12:10 GROUP CYCLING Sonia | 12:15 YOGA Yoga Studio • Jen | 12:10 GROUP CYCLING Sonia | 12:15 YOGA Yoga Studio • Jen | 11:30 am GROUP CYCLING Sonia | | |
| 4:30 pm BOOM MUSCLE Gr Ex Studio • Patti | 2:00 pm PARKINSON WELLNESS Gr Ex Studio • Adam | 4:30 pm BOOM MUSCLE Gr Ex Studio • Patti | | | | |
| 5:00 pm BOOM MOVE Gr Ex Studio • Patti | 4:00 pm PILATES Gr Ex Studio • Sheila | 5:00 pm BOOM MOVE Gr Ex Studio • Patti | 4:00 pm PILATES Gr Ex Studio • Sheila | | | |
| 5:15 pm SHALLOW WATER & DEEP WATER Pool | 4:30 pm NUBODY Gr Ex Studio • Julie | 5:15 pm SHALLOW WATER & DEEP WATER Pool | 4:30 pm NUBODY Gr Ex Studio • Julie | | | |
| 5:30 pm YOGA FUSION Yoga Studio • Lynda | 4:30 pm GROUP CYCLING Mini Gym • Patti | 5:30 pm YOGA FUSION Yoga Studio • Lynda | 4:30 pm GROUP CYCLING Mini Gym • Patti | | | |
| 6:00 pm CARDIO STEP Gr Ex Studio • Gwen | 5:30 pm HOT YOGA Yoga Studio • Leah <i>*starts March 16*</i> | | 6:00 pm CARDIO STEP Gr Ex Studio • Stan | | | |
| 6:00 pm HAPKIDO Self Defense Studio 2 | | 6:00 pm HAPKIDO Self Defense Studio 2 | | | | |
| 7:00 pm BEGINNER BOXING Gr Ex Studio • Justin | | 7:00 pm BEGINNER BOXING Gr Ex Studio • Justin | | | | |



ALTRU FAMILY YMCA
215 N 7TH ST
GRAND FORKS, ND 58203
(701) 775-2586
www.gfymca.org

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. 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.

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!

Yoga Fusion

Sculpt the entire body with a blend of Yoga, Pilates, weighted and non-weighted resistance, cardio intervals, and stretch exercises.

Tai Chi for Fall Prevention & Arthritis

Often called "moving meditation", Tai Chi is easy to learn with its gentle, fluid movements, deepening relaxation, and decreasing pain and falls. Taught in a series of gentle exercises and poses, each posture flows into the next, promoting strength and balance and the connection between mind and body.

Tai Chi for Veterans - Open to everyone!

The primary objective of the TaijiFit workout is to educate, develop and improve a state of Flow. Flow is a component of fitness that is critical for whole person synergy, improved experience of well-being, fitness performance, appearance and function. Using a base sequence of 6 movement combinations we'll help guide you in learning how to achieve a state of flow while helping you improve your flexibility, strength and balance.

SPECIALTY

Parkinson Wellness

The Y Parkinson Wellness program focuses on sensory awareness, physical effort, attentional focus, and cognitive and emotional engagement through specific exercises.

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.

Cardio & Strength

With variety of strength and cardio training you are sure to never get bored! This class utilizes a multitude of equipment including free weights, bands, bosu, stability balls, etc. to challenge your body.

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.

Cardio Step

A traditional step class utilizing a step platform for great cardio and fantastic leg strength. Classic step routines are rhythmic and fun, keeping you moving and providing the challenge you're looking for.

Beginner Boxing

Learn the basic skills of non-contact boxing in a safe environment for excellent cardio and strength benefits.

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. Everything that is taught in our Hapkido program has a direct use in a self defense situation.