



# ALTRU FAMILY YMCA GROUP FITNESS CLASS SCHEDULE

April 4, 2021



APRIL 2021

Subject to change at any time. Date published: 04/01/2021

MON	TUES	WED	THURS	FRI	SAT	SUN
	5:35 am <b>GROUP CYCLING</b> Jenny	5:35 am <b>YOGA</b> Yoga Studio • Kerri	5:35am <b>TOTAL BODY FUSION</b> Gr Ex Studio • Shantel	5:35am <b>CARDIO &amp; STRENGTH</b> Gr Ex Studio • Shantel	8:15 am <b>NUBODY</b> Gr Ex Studio	
8:30 am <b>WATER FIT</b> Pool	8:30 am <b>BOOT CAMP H2O</b> Pool	8:30 am <b>WATER FIT</b> Pool	8:30 am <b>BOOT CAMP H2O</b> Pool	8:30 am <b>WATER FIT</b> Pool	9:00 am <b>SHALLOW WATER POWER</b> Pool	
9:30 am <b>FUNCTION &amp; FITNESS</b> Gr Ex Studio • Adam	9:30 am <b>YOGA FLEX</b> Gr Ex Studio • Patti	9:30 am <b>SILVERSNEAKERS CIRCUIT</b> Gr Ex Studio • Bonnie	9:30 am <b>YOGA FLEX</b> Gr Ex Studio • Patti	9:15 am <b>FUNCTION &amp; FITNESS</b> Gr Ex Studio • Adam		
	11:30 am <b>BOOTCAMP</b> Gr Ex Studio • Sonia	10:30 am <b>TAI CHI For Veterans</b> Everyone Welcome Gr Ex Studio • Emi	11:30 am <b>BOOTCAMP</b> Gr Ex Studio • Sonia	10:15 am <b>TAI CHI For Arthritis &amp; Balance</b> Gr Ex Studio • Bill V		
12:10 <b>GROUP CYCLING</b> Sonia	12:15 <b>YOGA</b> Yoga Studio • Jen	12:10 <b>GROUP CYCLING</b> Sonia	12:15 <b>YOGA</b> Yoga Studio • Jen	11:30 am <b>GROUP CYCLING</b> Sonia		
4:30 pm <b>BOOM MUSCLE</b> Gr Ex Studio • Patti	2:00 pm <b>PARKINSON WELLNESS</b> Gr Ex Studio • Adam	4:30 pm <b>BOOM MUSCLE</b> Gr Ex Studio • Patti				
5:00 pm <b>BOOM MOVE</b> Gr Ex Studio • Patti	4:00 pm <b>PILATES</b> Gr Ex Studio • Sheila	5:00 pm <b>BOOM MOVE</b> Gr Ex Studio • Patti	4:00 pm <b>PILATES</b> Gr Ex Studio • Sheila			
5:15 pm <b>SHALLOW WATER &amp; DEEP WATER</b> Pool	4:30 pm <b>NUBODY</b> Gr Ex Studio • Julie	5:15 pm <b>SHALLOW WATER &amp; DEEP WATER</b> Pool	4:30 pm <b>NUBODY</b> Gr Ex Studio • Julie			
	4:30 pm <b>GROUP CYCLING</b> Mini Gym • Patti		4:30 pm <b>GROUP CYCLING</b> Mini Gym • Patti			
6:00 pm <b>GROUP CYCLING</b> Gr Ex Studio • Gwen	5:30 pm <b>HOT YOGA</b> Yoga Studio • Leah		6:00 pm <b>CARDIO STEP</b> Gr Ex Studio • Stan			
6:00 pm <b>HAPKIDO Self Defense</b> Studio 2		6:00 pm <b>HAPKIDO Self Defense</b> Studio 2				
7:00 pm <b>BEGINNER BOXING</b> Gr Ex Studio • Justin		7:00 pm <b>BEGINNER BOXING</b> Gr Ex Studio • Justin				



ALTRU FAMILY YMCA  
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## 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.