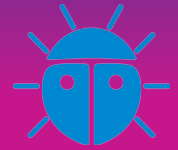




# ALTRU FAMILY YMCA GROUP FITNESS CLASS SCHEDULE

June 21, 2021



Subject to change at any time. Date published: 06/21/2021

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		
8:30 am <b>WATER FIT</b> Y Pool	8:30 am <b>BOOT CAMP H2O</b> Y Pool	8:30 am <b>WATER FIT</b> Y Pool	8:30 am <b>BOOT CAMP H2O</b> Y Pool	8:30 am <b>WATER FIT</b> Y Pool	8:15 am <b>NUBODY</b> Gr Ex Studio	
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	9:30 am <b>FUNCTION &amp; FITNESS</b> Gr Ex Studio • Adam	9:00 am <b>SHALLOW WATER POWER</b> Y Pool	
10:30 am <b>PARKINSON'S BRAIN POWER</b> Lobby Conference Room	10:30 am <b>ROCK STEADY BOXING</b> Fitness Center • Shawn	10:30 am <b>PARKINSON WELLNESS</b> Gr Ex Studio • Adam	10:30 am <b>PARKINSON WELLNESS</b> Gr Ex Studio • Adam	10:30 am <b>PARKINSON'S BRAIN POWER</b> Lobby Conference Room	10:00 am <b>YOGA on the Greenway</b> Lance	
		10:30 am <b>TAI CHI</b> For Vets - All Welcome Gr Ex Studio • Emi				
	11:00 am <b>WATER FIT</b> OUTDOORS - ELKS POOL	11:00 am <b>WATER FIT</b> OUTDOORS - ELKS POOL	11:00 am <b>WATER FIT</b> OUTDOORS - ELKS POOL	11:00 am <b>WATER FIT</b> OUTDOORS - ELKS POOL		
	11:30 am <b>BOOTCAMP</b> Gr Ex Studio • Sonia		11:30 am <b>BOOTCAMP</b> Gr Ex Studio • Sonia			
12:10 pm <b>GROUP CYCLING</b> Sonia	12:15 pm <b>YOGA on the Greenway</b> Jen	12:10 pm <b>GROUP CYCLING</b> Sonia	12:15 pm <b>YOGA on the Greenway</b> Jen	12:10 pm <b>YOGA</b> Yoga Studio • Saori		
4:30 pm <b>BOOM MUSCLE</b> Gr Ex Studio • Patti	4:30 pm <b>GROUP CYCLING</b> Patti	4:30 pm <b>BOOM MUSCLE</b> Gr Ex Studio • Patti	4:30 pm <b>GROUP CYCLING</b> Patti			
5:00 pm <b>BOOM MOVE</b> Gr Ex Studio • Patti	4:30 pm <b>NUBODY</b> Gr Ex Studio • Julie	5:00 pm <b>BOOM MOVE</b> Gr Ex Studio • Patti	4:30 pm <b>NUBODY</b> Gr Ex Studio • Julie			
5:15 pm <b>WATER FIT</b> OUTDOORS ELKS POOL						
6:00 pm <b>GROUP CYCLING</b> Gwen	5:30 pm <b>HOT YOGA</b> Yoga Studio • Leah		5:30 pm <b>HATHA YOGA &amp; SOMATICS</b> Yoga Studio • Lance			
6:00 pm <b>HAPKIDO</b> Self Defense Studio 2	6:00 pm <b>CARDIO STEP</b> Gr Ex Studio • Stan	6:00 pm <b>HAPKIDO</b> Self Defense Studio 2	6:00 pm <b>CARDIO STEP</b> Gr Ex Studio • Stan			
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  
215 N 7TH ST  
GRAND FORKS, ND 58203  
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www.gfymca.org



# ALTRU FAMILY YMCA AQUATICS SCHEDULE

JUNE 1, 2021



Subject to change at any time. Date published: 05/25/2021

## LAP SWIM

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

## WATER EXERCISE CLASSES \* Outdoor Classes Start June 7 \*

Mon/Wed/Fri	8:30 - 9:30 am	WATER FIT
Monday	5:15 - 6:00 pm	SHALLOW WATER POWER - *ELKS POOL*
Tues/Thurs	8:30 - 9:30 am	BOOT CAMP H <sub>2</sub> O
Tues/Wed/Thurs/Fri	11:00 - 11:50 am	WATER FIT - *ELKS POOL*
Saturday	9:00 - 10:00 am	SHALLOW WATER POWER

## OPEN/FAMILY SWIM

Mon - Fri	2:00 - 3:00 pm
Mon - Thurs	6:00 - 7:00 pm
Saturday	2:00 - 5:00 pm
Sunday	2:00 - 5:00 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](http://www.gfymca.org)

This schedule is subject to change at any time.

# 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. **Outdoor classes meet at Elks Pool:** bring your Y card, towel, hat, sunscreen, water and anything else you may need.

### 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

### Yoga on the Greenway

A Y tradition, we offer Yoga on the Beautiful Grand Forks Greenway during the summer which is open to all. Meet on the green space behind the Toasted Frog and make sure to bring a mat, sunscreen, water, and anything else you think you may need.

### 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/Hot 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.

### 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 educe, 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.

### Hatha & Somatics Yoga

Hatha yoga moves slower than Vinyasa and poses are held for longer, and provides a mixture of classic asana warm-up and cool downs to provide an overall balancing experience. Somatics is neuromuscular re-education and inner awareness of movement. Reorganizing the way the nervous system controls and senses muscles and movement.

## SPECIALTY

### Parkinson Wellness

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

### Rock Steady Boxing

Non-contact boxing and circuit training utilizing a variety of boxing and fitness equipment moves the body in all planes and improves balance, strength, reaction time, and overall quality of life.

## 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.