

September 7, 2021



# ALTRU FAMILY YMCA GROUP FITNESS CLASS SCHEDULE



Subject to change at any time. Published: 9/3/2021

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			
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 CLASSIC</b> Gr Ex Studio • Patti	9:30 am <b>YOGA FLEX</b> Gr Ex Studio • Patti	9:30 am <b>FUNCTION &amp; FITNESS</b> Gr Ex Studio • Adam		
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	9:00 am <b>SHALLOW WATER POWER</b> Y Pool	
	11:30 am <b>STRENGTH</b> Gr Ex Studio • Sonia	10:30 am <b>TAI CHI</b> For Vets - All Welcome Gr Ex Studio • Emi	11:30 am <b>STRENGTH</b> Gr Ex Studio • Sonia		10:00 am <b>YOGA on the Greenway</b> Lance	
12:10 pm <b>GROUP CYCLING</b> Sonia	12:15 pm <b>YOGA</b> Jen	12:10 pm <b>GROUP CYCLING</b> Sonia	12:15 pm <b>YOGA</b> Jen	12:10 pm <b>YOGA</b> Saori		
4:30 pm <b>BOOM MUSCLE</b> Gr Ex Studio • Patti	1:30-2:00 pm <b>SilverSneakers SPLASH</b> - Pool Saori - Starts 9/14	4:30 pm <b>BOOM MUSCLE</b> Gr Ex Studio • Patti	1:30-2:00 pm <b>SilverSneakers SPLASH</b> - Pool Saori - Starts 9/14			
5:00 pm <b>BOOM MOVE</b> Gr Ex Studio • Patti		5:00 pm <b>BOOM MOVE</b> Gr Ex Studio • Patti				
4:00 pm <b>PILATES</b> Studio 2 • Sheila	4:30 pm <b>NUBODY</b> Gr Ex Studio • Julie	4:00 pm <b>PILATES</b> Studio 2 • Sheila	4:30 pm <b>NUBODY</b> Gr Ex Studio • Julie			
5:15 pm <b>WATER FIT</b> Deep & Shallow - Y Pool	4:30 pm <b>GROUP CYCLING</b> Patti	5:15 pm <b>WATER FIT</b> Deep & Shallow - Y Pool	4:30 pm <b>GROUP CYCLING</b> Patti			
5:45 pm <b>B.R.I.C.K.S. Vol 2</b> Gr Ex Studio • Lynda		5:45 pm <b>B.R.I.C.K.S. Vol 2</b> Gr Ex Studio • Lynda				
6:00 pm <b>GROUP CYCLING</b> Gwen			5:30 pm <b>HATHA YOGA &amp; SOMATICS</b> Yoga Studio • Lance			
6:00 pm <b>HAPKIDO Self Defense</b> Studio 2	6:00 pm <b>CARDIO STEP</b> Gr Ex Studio • Stan		6:00 pm <b>CARDIO STEP</b> Gr Ex Studio • Stan			
7:00 pm <b>BEGINNER BOXING</b> Gr Ex Studio • Josh		7:00 pm <b>BEGINNER BOXING</b> Gr Ex Studio • Josh	6:00 pm <b>HAPKIDO Self Defense</b> Studio 2			



ALTRU FAMILY YMCA  
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# ALTRU FAMILY YMCA AQUATICS SCHEDULE

September 1, 2021



Subject to change at any time. Date published: 08/05/2021

## LAP SWIM

Mon through Fri	5:45-8:30 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
Mon & Wed	5:15-6:00 pm	SHALLOW & DEEP WATER POWER
Tues/Thurs	8:30-9:30 am	BOOT CAMP H <sub>2</sub> O
Saturday	9:00-10:00 am	SHALLOW WATER POWER

## OPEN/FAMILY SWIM

Mon-Wed-Fri	7:00-8:30 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)

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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.

#### 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.

### 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.

#### 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 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.

#### 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.

#### 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.

### 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.

#### Strength

Using all sorts of equipment, this class gives you a total body workout which will also include some core, hip, butt, and lower back exercises. This class is challenging but achievable for your own level of fitness.

#### 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® Classic

This workout includes fall prevention drills and exercises to improve strength and endurance. A chair and handheld weights or tubing are recommended.

#### 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.

#### B.R.I.C.K.S. Vol 2

Sculpt and strengthen your body using a wide variety of body-weight and weighted resistance, interval and circuit training, low impact cardio, and mind/body strength and stretch exercises. Have fun and feel great in this class where no two classes are the same!

#### Group Cycling

A fantastic choice for cardio, group cycling offers a variety of drills and rides, seated and standing, for an excellent sweat and feeling of accomplishment. Ride at your pace for a great experience.

#### 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.

#### Beginner Boxing

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