



Effective August 1, 2022

ALTRU FAMILY YMCA

GROUP FITNESS CLASSES



MON	TUES	WED	THURS	FRI	SAT	SUN
	5:35 am GROUP CYCLING Jenny	5:35 am YOGA Yoga Studio • Kerri	5:35am CORE CARDIO Gr Ex Studio • Al	5:35 am GROUP CYCLING Jenny	8:15 am NUBODY Gr Ex Studio	
8:30 am WATER FIT Y Pool	8:30 am BOOT CAMP H2O Y Pool	8:30 am WATER FIT Y Pool	8:30 am BOOT CAMP H2O Y Pool	8:30 am WATER FIT Y Pool	9:00 am SHALLOW WATER POWER Y Pool	
9:30 am FUNCTION & FITNESS Gr Ex Studio • Adam	9:30 am YOGA FLEX Gr Ex Studio • Patti	9:30 am SILVERSNEAKERS CLASSIC Gr Ex Studio • Patti	9:30 am YOGA FLEX Gr Ex Studio • Patti	9:30 am FUNCTION & FITNESS Gr Ex Studio • Adam		
10:30 am PARKINSON'S BRAIN POWER Lobby Conference Room	10:30 am ROCK STEADY BOXING Fitness Center • Shawn	10:30 am TAI CHI Gr Ex Studio • Adam	10:30 am PARKINSON WELLNESS Gr Ex Studio • Adam	10:30 am PARKINSON'S BRAIN POWER Lobby Conference Room	10:00 am HATHA YOGA & SOMATICS Yoga Studio - Lance	
	11:00-11:55* am *After 8/15: 12:00-12:55 OUTDOOR WATER EX Elks Pool thru 8/12 Riverside Pool 8/15-8/19	11:00-11:55* am *After 8/15: 12:00-12:55 OUTDOOR WATER EX Elks Pool thru 8/12 Riverside Pool 8/15-8/19	11:00-11:55* am *After 8/15: 12:00-12:55 OUTDOOR WATER EX Elks Pool thru 8/12 Riverside Pool 8/15-8/19	11:00-11:55* am *After 8/15: 12:00-12:55 OUTDOOR WATER EX Elks Pool thru 8/12 Riverside Pool 8/15-8/19	11:15 am KARATE Adult - *Fees Apply* Studio 2	
	11:30 am STRENGTH Gr Ex Studio • Sonia		11:30 am STRENGTH Gr Ex Studio • Sonia			
12:10 pm GROUP CYCLING Sonia	12:15 pm YOGA Jen Yoga Studio	12:10 pm GROUP CYCLING Sonia	12:15 pm YOGA Jen Yoga Studio	12:10 pm PUSH & PEDAL Andrea & Sonia		
	4:30 pm NUBODY Gr Ex Studio • Julie		4:30 pm NUBODY Gr Ex Studio • Julie			
4:30 pm BOOM MUSCLE Gr Ex Studio • Patti	4:30 pm GROUP CYCLING Patti	4:30 pm BOOM MUSCLE Gr Ex Studio • Patti	4:30 pm GROUP CYCLING Patti			
5:00 pm BOOM MOVE Gr Ex Studio • Patti		5:00 pm BOOM MOVE Gr Ex Studio • Patti				
5:15 pm OUTDOOR WATER EX Elks Pool thru 8/12 Riverside Pool 8/15-8/19		5:15 pm OUTDOOR WATER EX Elks Pool thru 8/12 Riverside Pool 8/15-8/19	5:30 pm HATHA YOGA & SOMATICS Yoga Studio • Lance			
5:45 pm ZUMBA Gr Ex Studio • Tiffany	5:45 pm CARDIO STEP Gr Ex Studio • Stan		5:45 pm CARDIO STEP Gr Ex Studio • Stan			
6:00 pm HAPKIDO Self Defense Studio 2		7:00 pm BEGINNER BOXING Gr Ex Studio • Josh *No class 8/10 & 8/17*	6:00 pm HAPKIDO Self Defense Studio 2			
7:00 pm BEGINNER BOXING Gr Ex Studio • Josh *No class 8/8 & 8/15*		7:15 pm KARATE Adult - *Fees Apply* Studio 2				



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



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.

Outdoor Water Exercise - Elks Pool

Make the most of your summer and enjoy a refreshing and invigorating class outdoors! Bring your Y card, towel, hat, sunscreen, water and anything else you may need.

MIND/BODY

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.

Tai Chi

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.

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.

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.

Karate

The benefits of youth & adult karate include building confidence, leadership skills, self-discipline, character, healthy body and more! Class is ongoing.

Adult/Teen (age 13+)

Wed: 7:15-8:45 pm/Sat: 11:15 am-1:30 pm

Members \$25/month

Non-Members \$30/month

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.

Core Cardio

This fitness class begins with a core workout that will strengthen your lower back, hips, abdomen and pelvis for better balance and stability. The second half will focus on HIIT using the Rest Based Training protocol allowing you to go at your pace. The class will end with a cool down.

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.

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.

Push & Pedal

40 min group cycling class including weights. A brief core work session follows class for those who have time to stay.