



# ALTRU FAMILY YMCA GROUP FITNESS CLASSES

Effective October 2, 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35 am <b>SPIN &amp; STRENGTH</b> Jenny	5:35 am <b>YOGA</b> Yoga Studio - Kerri	5:35 am <b>CORE CARDIO</b> Gr Ex Studio - Al	5:35 am <b>GROUP CYCLING</b> Jenny		
8:30 am <b>WATER FIT/PILATES</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>YOGAFLEX</b> Gr Ex Studio-Patti	9:30 am <b>SILVERSNEAKERS CIRCUIT</b> Gr Ex Studio-Patti	9:30 am <b>YOGAFLEX</b> Gr Ex Studio-Patti	9:30 am <b>FUNCTION &amp; FITNESS</b> Gr Ex Studio-Adam	8:30 am <b>GROUP CYCLING</b> Jess	
10:30 am <b>PARKINSON'S BRAIN POWER</b> Lobby Conference Rm	10:30 am <b>ROCK STEADY BOXING</b> Fitness Center-Shawn	10:30 am <b>TAI CHI</b> Gr Ex Studio-Emi	10:30 am <b>ROCK STEADY BOXING</b> Fitness Center-Shawn		9:00 am <b>SHALLOW WATER POWER</b> -YMCA Pool	
		11:05 am <b>PARKINSON'S WELLNESS</b> Fitness Center-Adam			10:00 am <b>YOGA</b> Yoga Studio - Lance	
	11:30 am <b>STRENGTH</b> Gr Ex Studio-Sonia		11:30 am <b>STRENGTH</b> Gr Ex Studio-Sonia	11:30 am <b>STRETCH &amp; CORE</b> Yoga Studio-Sonia		
	12:05 pm <b>YOGA</b> Yoga Studio - Saori <i>*No class Oct 17 &amp; 19*</i>		12:05 pm <b>YOGA</b> Yoga Studio - Saori <i>*No class Oct 17 &amp; 19*</i>			
12:10 pm <b>GROUP CYCLING</b> Sonia		12:10 pm <b>GROUP CYCLING</b> Andrea		12:15 pm <b>GROUP CYCLING</b> Andrea		
	1:30-2:15 pm <b>SILVER SPLASH</b> Y Pool <i>*Starts Oct 24*</i>	4:00 pm <b>PILATES</b> Studio 2 - Lance	1:30-2:15 pm <b>SILVER SPLASH</b> Y Pool <i>*Starts Oct 24*</i>			
4:30 pm <b>BOOM MUSCLE &amp; MOVE</b> Gr Ex Studio-Patti <i>*Starts Oct 9*</i>	4:30 pm <b>GROUP CYCLING</b> Patti	4:30 pm <b>BOOM MUSCLE &amp; MOVE</b> Gr Ex Studio-Patti	4:30 pm <b>GROUP CYCLING</b> Patti			
	4:30 pm <b>NUBODY</b> Gr Ex Studio-Julie <i>*No class Oct 10 &amp; 12*</i>		4:30 pm <b>NUBODY</b> Gr Ex Studio-Julie <i>*No class Oct 10 &amp; 12*</i>			
5:15 pm <b>SHALLOW &amp; DEEP WATER POWER</b> Y Pool		5:15 pm <b>SHALLOW WATER POWER</b> Y Pool				
		5:00 pm <b>STRENGTH &amp; TONE</b> Yoga Studio-Gwen				
5:30 pm <b>STRENGTH &amp; SCULPT</b> Gr Ex Studio-Lynda			5:30 pm <b>YOGA</b> Yoga Studio - Lance			
	5:45 pm <b>CARDIO STEP</b> Gr Ex Studio-Stan <i>*No class Oct 3, 10, 17*</i>		5:45 pm <b>CARDIO STEP</b> Gr Ex Studio-Stan <i>*No class Oct 5, 12, 19*</i>			
7:00 pm <b>BEGINNER BOXING</b> Fitness Center-Josh		7:00 pm <b>BEGINNER BOXING</b> Fitness Center-Josh				



**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.  
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## MIND & BODY/BALANCE/FLEXIBILITY

### 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 or take off their shoes.

### 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 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.

### 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.

## 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 & Deep 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.

### Silver 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.

## SPECIALIZED PROGRAMS

### 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.

### LIVESTRONG at the YMCA

A physical activity and well-being program for cancer survivors. For schedule and details, contact Patti McEnroe.

## CARDIO/STRENGTH/CORE

### 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 & Move

This class combines the best of BOOM Move & BOOM Muscle, combining strength training with cardiovascular fitness. Class will begin with a warm up and cardio segment, followed by strength and cardio intervals of 5-10 minutes each. Appropriate for active older adults or people of any age who want a challenging, faster-paced workout in 50 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. Chairs are used for support and some exercises.

### 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 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 like no other. Ride at your pace for a great experience.

### Strength & Sculpt

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!

### Stretch & Core

The perfect combination of stretching and core training that will make you feel amazing.

### Strength & Tone

A variety of strength and sculpting exercises for strong, defined muscles.

### Beginner Boxing

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