



ALTRU FAMILY YMCA GROUP FITNESS CLASSES

July, 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:35 am SPIN & STRENGTH Jenny	5:35 am YOGA Yoga Studio - Kerri <i>*No class July 2*</i>	5:35 am SPIN & STRENGTH Jenny		Effective June 30	
	6:00-6:45 am STRENGTH & TONE Yoga Studio - Gwen					
8:30 am WATER FIT/PILATES 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		
9:30 am FUNCTION & FITNESS Gr Ex Studio-Adam	9:30 am YOGAFLEX Gr Ex Studio-Patti	9:30 am SILVERSNEAKERS CIRCUIT Gr Ex Studio-Patti	9:30 am YOGAFLEX Gr Ex Studio-Patti	9:30 am FUNCTION & FITNESS Gr Ex Studio-Adam	9:00 am SHALLOW WATER POWER -YMCA Pool	
10:30 am PARKINSON'S CIRCUIT Lobby Conference Rm	10:30 am ROCK STEADY BOXING Fitness Center-Adam		10:30 am ROCK STEADY BOXING Fitness Center-Adam			
		11:00 am PARKINSON WELLNESS Fitness Center-Adam				
	11:05-11:55 am OUTDOOR WATER EXERCISE Elks Pool	11:05-11:55 am OUTDOOR WATER EXERCISE Elks Pool	11:05-11:55 am OUTDOOR WATER EXERCISE Elks Pool <i>*No class July 3*</i>	11:05-11:55 am OUTDOOR WATER EXERCISE Elks Pool <i>*No class July 4*</i>		
	11:30 am STRENGTH Gr Ex Studio-Sonia		11:30 am STRENGTH Gr Ex Studio-Sonia	11:30 am STRETCH & CORE Yoga Studio-Sonia		
12:10 pm GROUP CYCLING Andrea		12:10 pm GROUP CYCLING Andrea				
	4:30 pm GROUP CYCLING Patti - 45 min	4:30 pm GROUP CYCLING Amber - 40 min <i>*No class July 2*</i>	4:30 pm GROUP CYCLING Patti - 45 min <i>*No class July 3*</i>			
					<div>*No NuBody During July* - resumes in August</div>	
4:30 pm BOOM MUSCLE & MOVE Gr Ex Studio-Patti <i>*No class July 7*</i>		4:30 pm BOOM MUSCLE & MOVE Gr Ex Studio-Patti <i>*No class July 2*</i>				
5:15 pm OUTDOOR WATER EXERCISE Elks Pool		5:15 pm OUTDOOR WATER EXERCISE Elks Pool				
	5:45 pm CARDIO STEP Gr Ex Studio-Stan		5:45 pm CARDIO STEP Gr Ex Studio-Stan			
7:00 pm BEGINNER BOXING Fitness Center-Josh		7:00 pm BEGINNER BOXING Fitness Center-Josh <i>*No class July 2*</i>				



YMCA Web Site

ALTRU FAMILY YMCA
215 N 7th St
Grand Forks, ND 58203
701-775-2586
www.gfymca.org

This schedule is subject to change at any time.
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Contact
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Adam Sorum, Healthy Living Director

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.

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.

Outdoor Water Exercise – Elks Pool

Enjoy an exhilarating workout in the fresh air! Remember to bring your Y card, towel, hat, sunscreen, water and anything else you may need.

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.

CARDIO/STRENGTH/CORE

NuBody (No Classes in July)

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.

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.

Stretch & Core

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

Strength & Tone

Meet in the comfortable heated yoga studio for a variety of strength and toning exercises to keep you strong and flexible.

Beginner Boxing

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

Boomers, Seniors, Active Older Adults, & Special Populations

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.

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 45-50 minutes.

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.