

## YOUR JOURNEY

We're here to support you on your journey to a healthier, more fulfilling life.

- ▶ Learn healthy lifestyle skills and routines.
- ▶ Improve strength, balance, flexibility, and endurance.
- ▶ Take responsibility for your health by prioritizing your wellbeing.
- ▶ Improve your health and wellbeing to prevent, manage or reverse chronic conditions.
- ▶ Feel connected to the Y community and beyond.



Altru Family YMCA  
215 N 7th St  
Grand Forks, ND 58203  
701.775.2586  
[www.gfymca.org](http://www.gfymca.org)

Join us for our  
**KICK-OFF**

Tuesday,  
**December 9**  
9:00 am-1:00 pm

Tour the Y



Try a Class or  
Work Out



Complimentary Water  
& Healthy Snacks



Receive a 3-Day Pass

We are located downtown  
at 215 N 7th Street.



FOREVER  
IMPROVING



**FOREVERWELL®**

Stay active, connected, and engaged through programs designed to promote healthy aging.



Benefit from invigorating group exercise classes, aquatics offerings, specialized wellness programs, and events that support healthy aging and provide opportunities to connect with your community.

Altru Family YMCA  
(701) 775-2586  
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# EVERYONE IS WELCOME

We support Insurance Incentives like Silver & Fit, SilverSneakers, and Renew Active One Pass.

Membership and program scholarships are available to those who qualify.

Y programs are offered morning, afternoon, and evening for your convenience.

Take advantage of the locker rooms which offer lockers, restrooms, showers and access to the swimming pool. We also have family locker rooms available by the pool.

## ACHIEVE YOUR POTENTIAL

YMCA FOREVERWELL® offers opportunities to help you achieve your potential.

- Classes
- Aquatics
- Cardio & Strength Training
- Free Orientations
- Court Sports
- Walking/Jogging
- Social Events, Activities, Seminars
- Wellness Consultations
- Access to Y Specialty Programs
- Quarterly Newsletter to Keep You Informed

## GET STARTED TODAY!

### AQUATICS

Lap Swim, Water Walking  
Water Exercise Classes  
Tread Water - Deep End

### FITNESS CENTER

Free Orientation  
Cardio and Strength Training  
Easy to Use Equipment  
Wheelchair Accessible Equipment  
Boxing Area  
Certified Staff to Assist You

### SPECIALTY PROGRAMS

Parkinson Wellness  
Rock Steady Boxing  
Y MedFit  
Cardiac/Pulmonary Phase III  
LIVESTRONG® at the YMCA

### CLASSES

Function & Fitness  
YogaFlex  
SilverSneakers Circuit  
Yoga & Pilates  
Group Cycling  
Silver Splash  
Water Fit/Pilates  
Shallow Water Power  
NuBody  
Cardio Step

### COURTS

Basketball  
Pickleball  
Racquetball  
Walking

### ACTIVITIES

Monthly Birthday Club  
Group Outings  
Seminars & Workshops  
Cooking Demonstrations  
Fund Raisers



Contact: Adam Sorum ([asorum@gfymca.org](mailto:asorum@gfymca.org)) / Patti McEnroe ([pmcenroe@gfymca.org](mailto:pmcenroe@gfymca.org))