

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

Join us for our
KICK-OFF

Wednesday,
December 3
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.

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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



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