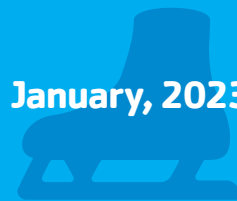




# ALTRU FAMILY YMCA GROUP FITNESS CLASSES

January, 2023



MON	TUES	WED	THURS	FRI	SAT	SUN
	5:35 am <b>GROUP CYCLING</b> Jenny	5:35 am <b>YOGA</b> Yoga Studio • Kerri	5:35am <b>CORE CARDIO</b> Gr Ex Studio • Al	5:35 am <b>GROUP CYCLING</b> Jenny	8:15 am <b>NUBODY</b> Gr Ex Studio	
8:30 am <b>WATER FIT &amp; 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 &amp; Pilates</b> Y Pool	8:30 am <b>GROUP CYCLING</b> Andrea	
9:30 am <b>FUNCTION &amp; FITNESS</b> Gr Ex Studio • Adam	9:30 am <b>YOGA FLEX</b> Gr Ex Studio • Patti	9:30 am <b>SILVERSNEAKERS CLASSIC</b> Gr Ex Studio • Patti	9:30 am <b>YOGA FLEX</b> Gr Ex Studio • Patti	9:30 am <b>FUNCTION &amp; FITNESS</b> Gr Ex Studio • Adam	9:00 am <b>SHALLOW WATER POWER</b> Y Pool *No class 1/7*	
10:30 am <b>PARKINSON'S BRAIN POWER</b> Lobby Conference Room	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>PARKINSON'S WELLNESS</b> Fitness Center • Adam	10:30 am <b>PARKINSON'S BRAIN POWER</b> Lobby Conference Room	10:00 am <b>HATHA YOGA &amp; SOMATICS</b> Yoga Studio - Lance	
	11:30 am <b>STRENGTH</b> Gr Ex Studio • Sonia	11:05 am <b>PARKINSON'S WELLNESS</b> Fitness Center • Adam	11:30 am <b>STRENGTH</b> Gr Ex Studio • Sonia			
12:10 pm <b>GROUP CYCLING</b> Sonia		12:10 pm <b>GROUP CYCLING</b> Sonia		12:10 pm <b>GROUP CYCLING</b> Andrea		
	12:15 pm <b>YOGA</b> Jen Yoga Studio		12:15 pm <b>YOGA</b> Jen Yoga Studio	12:10-1:10 pm <b>YOGA</b> Saori Yoga Studio		
	1:30-2:15 pm <b>Silver Splash</b> Y Pool		1:30-2:15 pm <b>Silver Splash</b> Y Pool			
		4:00 pm <b>PILATES</b> Studio 2 • Lance				
4:30 pm <b>GROUP CYCLING</b> Gwen	4:30 pm <b>GROUP CYCLING</b> Patti		4:30 pm <b>GROUP CYCLING</b> Patti			
4:30 pm <b>BOOM MUSCLE</b> Gr Ex Studio • Patti	4:30 pm <b>NUBODY</b> Gr Ex Studio • Julie	4:30 pm <b>BOOM MUSCLE</b> Gr Ex Studio • Patti	4:30 pm <b>NUBODY</b> Gr Ex Studio • Julie			
5:00 pm <b>BOOM MOVE</b> Gr Ex Studio • Patti		5:00 pm <b>BOOM MOVE</b> Gr Ex Studio • Patti				
5:15 pm <b>SHALLOW &amp; DEEP WATER EX</b>		5:15 pm <b>SHALLOW WATER EX</b>				
5:30 pm <b>STRENGTH, SCULPT &amp; STRETCH</b> Yoga Studio • Lynda		5:30 pm <b>STRENGTH, SCULPT &amp; STRETCH</b> Yoga Studio • Lynda	5:30 pm <b>HATHA YOGA &amp; SOMATICS</b> Yoga Studio • Lance			
	5:45 pm <b>CARDIO STEP</b> Gr Ex Studio • Stan		5:45 pm <b>CARDIO STEP</b> Gr Ex Studio • Stan			
6:00 pm <b>HAPKIDO Self Defense</b> Studio 2			6:00 pm <b>HAPKIDO Self Defense</b> Studio 2			
7:00 pm <b>BEGINNER BOXING</b> Gr Ex Studio • Josh		7:00 pm <b>BEGINNER BOXING</b> Gr Ex Studio • Josh				



**ALTRU FAMILY YMCA**  
215 N 7TH ST  
GRAND FORKS, ND 58203  
(701) 775-2586  
[www.gfymca.org](http://www.gfymca.org)

Information subject to change.  
Updated: 01/12/2023

# CLASS DESCRIPTIONS

## 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.

### 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.

## 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 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.

### 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.

### 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.

## 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.

### LIVESTRONG at the YMCA

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

## 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.

### Strength, Sculpt & Stretch

Sculpt and strengthen your body using a wide variety of bodyweight 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!

### Beginner Boxing

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

### 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.



# ALTRU FAMILY YMCA AQUATICS SCHEDULES

January, 2023



## LAP SWIM

Monday - Friday	5:45 - 8:25 am/11:30-1:30 pm
Mon, Fri	6:00 - 7:00 pm
Wednesday	6:30 - 7:30 pm
Saturday	7:00 - 8:55 am/12:00 - 1:25 pm
Sunday	12:00 - 1:25 pm



## OPEN/FAMILY SWIM

Mon, Fri	7:00 - 8:00 pm
Wednesday	7:30 - 8:30 pm
Saturday & Sunday	2:00 - 5:00 pm

## WATER EXERCISE CLASSES

Mon/Wed/Fri	8:30 - 9:30 am	WATER FIT
Tues/Thurs	8:30 - 9:30 am	BOOT CAMP H <sub>2</sub> O
Tues/Thurs	1:30 - 2:15 pm	SILVER SPLASH
Mon	5:15 - 6:00 pm	SHALLOW & DEEP WATER POWER
Wed	5:15 - 6:00 pm	SHALLOW WATER POWER
Saturday	9:00 - 10:00 am	SHALLOW WATER POWER (no class Jan 7)



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. Published: 01/12/2023