



# ALTRU FAMILY YMCA GROUP FITNESS CLASSES

March 2025



Monday      Tuesday      Wednesday      Thursday      Friday      Saturday      Sunday

						<b>Effective March 3</b>
	5:35 am <b>SPIN &amp; STRENGTH</b> Jenny	5:35 am <b>YOGA</b> Yoga Studio - Kerri	5:35 am <b>SPIN &amp; STRENGTH</b> Gr Ex Studio - 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 CIRCUIT</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> -YMCA Pool	
10:30 am <b>PARKINSON'S CIRCUIT</b> Lobby Conference Rm	10:30 am <b>ROCK STEADY BOXING</b> Fitness Center-Adam	10:30 am <b>FITBALL TRAINING</b> Gr Ex Studio-Saori	10:30 am <b>ROCK STEADY BOXING</b> Fitness Center-Adam		10:00 am <b>YOGA</b> Yoga Studio - Lance	
		11:00 am <b>PARKINSON WELLNESS</b> Fitness Center-Adam				
	12:05 pm <b>YOGA</b> Yoga Studio - Saori		12:05 pm <b>YOGA</b> Yoga Studio - Saori			
	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		
12:10 pm <b>GROUP CYCLING</b> Andrea		12:10 pm <b>GROUP CYCLING</b> Andrea		12:10 pm <b>GROUP CYCLING</b> Andrea		
	1:30-2:15 pm <b>SILVER SPLASH</b> Y Pool - Saori		1:30-2:15 pm <b>SILVER SPLASH</b> Y Pool - Saori			
		4:00 pm <b>PILATES</b> Studio 2 - Lance				
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>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		4:30 pm <b>NUBODY</b> Gr Ex Studio-Julie			
5:15 pm <b>SHALLOW WATER POWER</b> Y Pool		5:15 pm <b>SHALLOW/DEEP WATER POWER</b> Y Pool				
		5:15 pm <b>STRENGTH &amp; TONE</b> Yoga Studio - Gwen\ <i>*No class Mar 12, 19*</i>				
	6:00 pm <b>YOGA</b> Yoga Studio - Heidi <i>*No class Mar 18*</i>		5:30 pm <b>YOGA</b> Yoga Studio - Lance			
7:00 pm <b>BEGINNER BOXING</b> Fitness Center-Josh	5:45 pm <b>CARDIO STEP</b> Gr Ex Studio-Stan	7:00 pm <b>BEGINNER BOXING</b> Fitness Center-Josh	5:45 pm <b>CARDIO STEP</b> Gr Ex Studio-Stan			




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

YMCA Web Site

This schedule is subject to change at any time.  
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**Contact**  
Sonia Kraft, Group Fitness Coordinator  
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.

### 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.

### Tai Chi

The primary objective of the TaijiFit workout is to reduce, 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.

## 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.

## 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.

### 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.

#### Fitball Training

Using the large Fitballs, you will go through a variety of excellent exercises for balance, strength and flexibility. For all ages including active older adults.

#### 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.