



ALTRU FAMILY YMCA GROUP FITNESS CLASSES

SEPTEMBER 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:35 am STRETCH & TONE Yoga Studio - Gwen Starts Sept 14	5:35 am SPIN & STRENGTH Jenny	5:35 am YOGA Yoga Studio - Kerri			Effective Sept 1	
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	8:15 am NUBODY Gr Ex Studio	
9:30 am FUNCTIONAL 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 FUNCTIONAL FITNESS Gr Ex Studio-Adam		
	10:30 am ROCK STEADY BOXING Fitness Center-Adam		10:30 am ROCK STEADY BOXING Fitness Center-Adam		10:00 am YOGA Yoga Studio - Lance	
		11:00 am PARKINSON WELLNESS Fitness Center-Adam				
11:30 am STRENGTH EXPRESS Sonia - **Sign Up Required** 30 min.	11:30 am STRENGTH Gr Ex Studio-Sonia		11:30 am STRENGTH Gr Ex Studio-Sonia	11:30 am STRETCH & CORE Yoga Studio-Sonia * No Class Sept 11 *		
	12:05-1:00 pm YOGA Yoga Studio - Saori		12:05-1:00 pm YOGA Yoga Studio - Saori			
12:10 pm GROUP CYCLING Andrea		12:10 pm GROUP CYCLING Andrea				
	1:30-2:15 pm SILVER SPLASH Y Pool - Saori		1:30-2:15 pm SILVER SPLASH Y Pool - Saori			
4:30 pm NUBODY Gr Ex Studio-Julie	4:30 pm GROUP CYCLING Patti - 45 min	4:30 pm NUBODY Gr Ex Studio-Julie	4:30 pm GROUP CYCLING Patti - 45 min			
	4:45 pm Beginner Hot Pilates Yoga Studio - Melanie		4:45 pm Beginner Hot Pilates Yoga Studio - Melanie			
	5:00 pm PILATES SCULPT Gr Ex Studio -Lynda		5:00 pm PILATES SCULPT Gr Ex Studio -Lynda			
5:15-6:00 pm SHALLOW WATER POWER		5:15-6:00 pm SHALLOW WATER POWER				
		5:40 pm Pilates Gr Ex Studio - Lance				
7:00 pm BEGINNER BOXING Fitness Center-Josh		7:00 pm BEGINNER BOXING Fitness Center-Josh				

NO PLACE Like This Place

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.

Contact

Sonia Kraft, Group Fitness Coordinator
Adam Sorum, Healthy Living Director
Elise Stannard, Water Exercise Coordinator
Freddie Brown, Youth Dev/Aquatics Director



YMCA Web Site

Grand Forks YMCA
Celebrating 140 Years

YMCA USA
Celebrating 175 Years

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.

Beginner Hot Pilates

New to Pilates? This class is the perfect place to start. Build strength, improve mobility, and develop body awareness in a warm studio designed to help your muscles move more comfortably. You'll learn foundational Pilates exercises with plenty of instruction and modifications, making this class approachable for all fitness levels. Leave feeling stronger, energized, and confident.

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. This class is designed for people with Parkinson's.

OTHER SPECIALIZED PROGRAMS

For information about **LIVESTRONG® at the YMCA, Y Med Fit, Cardiac Pulmonary Phase III, Sports Performance Coaching, or Personal Fitness Training**, contact Adam Sorum, Sonia Kraft, or Patti McEnroe.

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.

Beginner Boxing

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

Pilates Sculpt

Strength training utilizing weights, body weight exercises, and Pilates Style Movements. Strength and sculpt your body in an energizing and fun environment!

Strength & Sculpt

Dynamic full body workout designed to build strength, improve endurance and balance. Each class blends functional strength training with sculpting movements to target every major muscle group – while keeping things fresh and fun. No two classes are ever the same, so your body is constantly challenged in new ways. Expect a mix of dumbbells, bodyweight movements, bands, bosu and more to keep your mind engaged and muscles working. Modifications are always offered, making this class accessible for all fitness levels!

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.

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.

Functional Fitness

This class includes a wide variety challenging but doable exercises using multi-joint, full-body movements to prepare your body for real-life activities, reducing injury risk and improving daily function.



ALTRU FAMILY YMCA

AQUATICS SCHEDULES



SEPTEMBER 2026

LAP SWIM

Monday through Friday	5:40-8:30 am / 11:30-1:30 pm
Monday	6:00-7:25 pm
Wednesday	6:45-8:30 pm
Friday	6:00-7:00 pm
Saturday	7:00 - 8:55 am / 12:00 - 1:30 pm
Sunday	12:00 - 1:30 pm



OPEN/FAMILY SWIM

Monday	4:00-5:00 pm / 7:30-8:30 pm
Tuesday	6:45-8:30 pm
Wednesday	4:00-5:00 pm
Thursday	6:45-8:30 pm
Friday	7:00-8:30 pm
Saturday & Sunday	2:00-5:00 pm

WATER EXERCISE CLASSES

Mon/Wed/Fri	8:30 - 9:30 am	WATER FIT
Mon / Wed	5:15 - 6:00 pm	SHALLOW WATER POWER
Tues/Thurs	1:30-2:15	SILVER SPLASH (After Sept 1)
Tues/Thurs	8:30 - 9:30 am	BOOT CAMP H ₂ O
Saturday	9:00 - 10:00 am	SHALLOW WATER POWER

SWIM LESSONS

Tuesday & Thursday	4:00-6:30 pm	Preschool & School Age
Wednesday	6:00-6:30 pm	Parent & Me
Saturday	10:00-10:30 am	Parent & Me
Sunday	11:00-11:50 am	Adult (Starts Oct 25)

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ALTRU FAMILY YMCA

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

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