

## We're Glad You're Here!

The YMCA has many ways to get you started on achieving a healthy lifestyle. A complete fitness program includes aerobic exercise, muscular strength and conditioning and flexibility exercise. Here are some tips on getting started:

- **Start with low impact aerobic exercise.** Aerobic exercise does good things for your cardiovascular system and is an important part of weight management. It can be as simple as walking!
- **Add in light strength training.** Muscular conditioning can improve strength and posture, reduce the risk of lower back injury, and is also an important component of a weight management program.
- **Stretch.** Flexibility exercise is needed to maintain joint range of motion and reduce the risk of injury and muscle soreness.
- **If you need assistance, ask!** We are here to help. If you have a question do not hesitate to ask a fitness staff, group fitness instructor or any of the contacts below.

## C O N T A C T S

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**We know that getting started with an exercise program is not easy!**

**If your journey gets tough, whatever you do, do not quit coming to the YMCA!**

**We will encourage you!**

**We will not give up on you!**

**We will listen to your concerns!**

**We will help you find the classes and activities that are the best fit for you and we'll help you succeed!**

**Welcome to the YMCA Family.**



YMCA

We build strong kids,  
strong families, strong communities.

# NEW TO FITNESS



**YMCA**

*of Cass and Clay Counties*

**Fercho Branch**  
400 1st Ave S, Fargo  
(701) 293-9622

**Schlossman Branch**  
4243 19th Ave S, Fargo  
(701) 281-0126

[www.ymcacassclay.org](http://www.ymcacassclay.org)

## Group Fitness Classes

### Simple Series

**Simple Cycle** works the heart with no impact. **Simple Step & Stretch** will guide you through simple, low impact cardio choreography and allow you to relax and just stretch. (45 minutes)

### STOTT™ Pilates

Mastery of the basic principles of Pilates will ensure proper alignment, technique and posture.

### BODYVIVE™

This is the low-impact group fitness workout that lets you choose just how hard you work. Using the VIVE™ balls, VIVE™ tubes and optional hand weights you're talked step-by-step through the entire class by a skilled instructor, while listening to uplifting and inspiring music. Best of all, you finish feeling thoroughly rejuvenated – and fizzing with energy.

### SilverSneakers® Class Series

SilverSneakers group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment. Formats available are Muscular Strength and Range of Movement, Cardio Circuit, YogaStretch® and SilverSplash®

### Power Tone

A great workout over lunch! Each class will include redefining muscles, balance and most importantly a flexibility component.

**All group fitness classes are included in a YMCA membership.** For class days and times, please see the current group fitness schedule available at the front desk or online at [www.ymcacassclay.org/schedules](http://www.ymcacassclay.org/schedules).

## Fitness Programs

### Strength Training Orientation

The YMCA fitness staff is here to help you get started reaching your fitness goals through a series of **three free orientations** that are included with your YMCA membership. These classes will help you become more comfortable and confident in the fitness center. Simply contact the fitness staff to set up an appointment to get you on your way to a more fit you.

### Commit To Be Fit

Have you struggled with developing or maintaining a workout routine? We offer a FREE class for members who want to enjoy a lasting, healthy lifestyle and Commit To Be Fit! This class includes information on the basics of exercise and nutrition, class discussion and group workout. Contact the fitness director at (701) 364-4140 for more information. **Classes are limited to 20 people.**

### Women on Weights (W.O.W.) \$

This program is designed to give women the knowledge and confidence to perform a free weight training workout. You will gain results through education, motivation and personal attention. Check the current program guide for upcoming sessions. Contact the fitness director at (701) 364-4140 for more information.

For more information on these and other fitness opportunities at the YMCA, please see the current Program Guide, which is available at the front desk or online at [www.ymcacassclay.org](http://www.ymcacassclay.org).

## Also Available

### Swimming Pools

Enjoy lap swimming or open swim at the Downtown Branch. Check the current Aquatics schedule for our large pool and small pool schedules. Schedules are available at the front desk or online at [www.ymcacassclay.org](http://www.ymcacassclay.org).

### Water Exercise Classes

The YMCA has many levels of water aerobic activities. Classes are included in your membership and offered on a drop-in basis. Feel free to stop by the swimming pool and check them out or ask for a tour at the time of a class you may be interested in to observe a class. **Not sure where to start?** Contact Pauline Alba at (701) 364-4167 for a class recommendation. Class schedules are available at the front desk or online at [www.ymcacassclay.org](http://www.ymcacassclay.org).

### Fitness Centers & Walking Track

A YMCA membership includes the use of two full-service fitness centers with weight and cardio equipment. The Fercho YMCA features an indoor walking/ running track. Get your walking in even on cold winter or hot summer days - or even when it's raining!

### Blood Pressure Screening

The YMCA offers free blood pressure screenings for all members. This short, simple test can be done by any fitness staff. Please stop by the fitness desk to get your readings.

### Personal Training \$

Working out with a personal trainer will assist you in reaching your fitness goals quickly and safely. Your YMCA currently has two trainers available:

Jeff Duerr (701) 239-9556

Becca Murphy (701) 361-4628

\$ - Additional Fees Apply