



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Fitness Schedule

Fercho YMCA

November 18th - December 31st

400 1st Avenue South

Fargo, ND 58103

(701) 293-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>BODYPUMP</b> Studio B 5:30am - 6:30am	<b>Cycle</b> Studio C 5:30am - 6am	<b>Biking Bootcamp</b> Studio A 5:30am - 6:30am	<b>Cycle</b> Studio C 5:30am - 6am	<b>BODYPUMP</b> Studio A 5:30am - 6:30am		
	<b>Cycle</b> Studio C 5:30am - 6:30am		<b>BODYPUMP</b> Studio B 5:30am - 6:30am				
	<b>Sunrise Circuit</b> Studio A 5:45am - 6:45am		<b>Biking Bootcamp</b> Studio C 5:30am - 6:30am				
6am		<b>CXWORX</b> Studio A 6am - 6:30am		<b>CXWORX</b> Studio A 6am - 6:30am			
8am						<b>Cycle</b> Studio C 8am - 9am	
9am	<b>Zumba</b> Studio A 9am - 10am	<b>BODYVIVE</b> Studio A 9am - 10am	<b>Zumba</b> Studio A 9am - 10am	<b>BODYVIVE</b> Studio A 9am - 10am	<b>XABeat</b> Studio A 9am - 10am	<b>Zumba</b> Studio A 9am - 10am	
	<b>Cycle</b> Studio C 9am - 10am		<b>Cycle</b> Studio C 9am - 10am		<b>Cycle</b> Studio C 9am - 9:45am	<b>Yoga Level II</b> Studio B 9am - 10am	
10am	<b>SilverSneakers Classic</b> Studio A 10:15am - 11am	<b>Yoga Level I</b> Studio B 10am - 11am	<b>SilverSneakers Classic</b> Studio A 10:15am - 11am	<b>Yoga Level I</b> Studio B 10am - 11am	<b>SilverSneakers Classic</b> Studio A 10:15am - 11am	<b>Cycle</b> Studio C 10:15am - 11:15am	
	<b>CXWORX</b> Studio B 10:15am - 10:45am	<b>SilverSneakers Circuit</b> Studio A 10:15am - 11am	<b>CXWORX</b> Studio B 10:15am - 10:45am	<b>SilverSneakers Circuit</b> Studio A 10:15am - 11am	<b>CXWORX</b> Studio B 10:15am - 10:45am		
11am	<b>Body Bar Boot Camp</b> Studio A 11:15am - 12pm	<b>XABeat Lite</b> Studio A 11:15am - 12pm	<b>Body Bar Boot Camp</b> Studio A 11:15am - 12pm				
12pm	<b>Yoga Level I</b> Studio B 12pm - 1pm	<b>BODYPUMP</b> Studio A 12:15pm - 1:15pm	<b>Yoga Level II</b> Studio B 12pm - 1pm	<b>BODYPUMP</b> Studio A 12:15pm - 1:15pm	<b>Yoga in Motion</b> Studio B 12pm - 1pm		
1pm							<b>Cycle</b> Studio C 1:15pm - 2:15pm
2pm							<b>Kids/Family Fitness</b> Studio A 2:30pm - 3:30pm
4pm	<b>Circuit Blast</b> Studio A 4:30pm - 5:30pm	<b>BODYPUMP</b> Studio A 4:30pm - 5:30pm	<b>Circuit Blast</b> Studio A 4:30pm - 5:30pm	<b>BODYPUMP</b> Studio A 4:30pm - 5:30pm			<b>BODYPUMP</b> Studio A 4:30pm - 5:30pm
		<b>Cycle</b> Studio C 4:30pm - 5:15pm		<b>Cycle</b> Studio C 4:30pm - 5:15pm			<b>Mixed Level Yoga</b> Studio B 4:30pm - 5:30pm
5pm	<b>Yoga in Motion</b> Studio B 5:30pm - 6:30pm	<b>Cycle</b> Studio C 5:30pm - 6:30pm	<b>Yoga Level I</b> Studio B 5:30pm - 6:30pm	<b>Cycle</b> Studio C 5:30pm - 6:30pm			
	<b>Cycle</b> Studio C 5:30pm - 6:30pm	<b>Tabata/HIIT</b> Studio A 5:45pm - 6:15pm	<b>Cycle</b> Studio C 5:30pm - 6:30pm	<b>Tabata/HIIT</b> Studio A 5:45pm - 6:15pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON	TUE	WED	THU	FRI	SAT	SUN
6pm	<b>Zumba</b> Studio A 5:45pm - 6:45pm		<b>Zumba</b> Studio A 5:45pm - 6:45pm				
		<b>Total Body Conditioning</b> Studio A 6:15pm - 6:45pm		<b>CXWORX</b> Studio A 6:15pm - 6:45pm			
7pm		<b>Mixed Level Yoga</b> Studio B 6:30pm - 7:30pm		<b>Mixed Level Yoga</b> Studio B 6:30pm - 7:30pm			
	<b>BODYPUMP</b> Studio A 7pm - 8pm	<b>Zumba</b> Studio A 7pm - 8pm	<b>BODYPUMP</b> Studio A 7pm - 8pm	<b>Zumba</b> Studio A 7pm - 8pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

**Biking Bootcamp** - This class will challenge your endurance and shock your muscles. 30 minutes of cardio/cycle followed by 30 minutes of boot camp calisthenics to provide an all over body workout.

**Body Bar Boot Camp** - This intermediate to advanced group fitness class will include 4 minutes of intense athletic drills followed by 4 minutes of muscle conditioning using the body bars, hand weights, long bands, or medicine balls.

**BODYPUMP** - BODYPUMP™ is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically proven moves and techniques.

**BODYVIVE** - Step into a BODYVIVE™ class and you'll tick off a complete workout. The challenging mix of lunges, squats, running and tubing exercises will help you burn calories and take your fitness to the next level. You'll leave fizzing with energy.

**Circuit Blast** - This class will work your cardiovascular system as well as strengthen your muscles by performing a group of exercises with little or no rest in between. This class will include a variety of cardio intervals, tabata, boot camp, format and equipment.

**CXWORX** - All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout, trained instructors guide you through correct technique as you work with resistance tubes and weight plates.

**Cycle** - Indoor cycling uses stationary bikes with an instructor simulating a ride. Together you travel on flat roads, climb hills, sprint and race! You are kept motivated by the instructor. It's truly a fantastic cardiovascular class!

**Kids/Family Fitness** - Sunday Fun Day for families. This group fitness class will incorporate exercises that can be done as a family. Mom and Dad's are encouraged to join their kids in this 60 minute class using different equipment and incorporating different exercises.

**Mixed Level Yoga** - An intermediate class for students that builds upon foundation knowledge integrating various posture options.

**SilverSneakers Circuit** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with choreography.

**SilverSneakers Classic** - Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with choreography.

**Sunrise Circuit** - Group training using a variety of equipment to move through a series of exercises designed to challenge your heart and major muscle groups. Groups of 4 per station.

**Tabata/HIIT** - This class alternates between high intensity cardio bursts and low intensity recovery (20 seconds of work/10 seconds of rest). The Tabata/High Intensity Interval Training format helps to increase strength, improve flexibility and cardio.

**Total Body Conditioning** - A beginning weight training workout that strengthens, tones, and defines every muscle in your body. You will receive the benefits of resistance training using a variety of equipment (hand weights, resistance bands, body bars, or medicine balls).

**XABeat** - XABeat is a dance-fitness program that provides high intensity cardio and toning in a party-like atmosphere. The routines are simple and easy to follow so participants can concentrate on getting a great workout to upbeat American music.

**XABeat Lite** - XaBeat Lite is a dance-fitness program that caters to an active senior clientele. The routines are low impact, simple and easy to follow with lots of repetition. Participants love to dance to upbeat American music from the 60's, 70's, and 80's.

**Yoga in Motion** - This intermediate class is based on Vinyasa yoga which is a flowing practice that links breathe to movement and strengthens the mind-body connection.

**Yoga Level I** - A foundation class to learn basic postures with a focus on alignment, modifications and breathe work.

**Yoga Level II** - A challenging class for intermediate and advanced students that integrates advanced postures and flow.

**Zumba** - Zumba is a great class to get you moving! Using Latin inspired dance with easy to follow moves to create a dynamic and exciting fitness class.