



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# INVESTING IN YOUR WELL-BEING

WINTER/SPRING 2017 ADULT PROGRAM GUIDE  
YMCA OF CASS AND CLAY COUNTIES

› Health & Wellness Programs › Events › Membership

# YMCA OF CASS AND CLAY COUNTIES

## FACILITY HOURS

Monday-Friday..... 5:00 am - 11:00 pm  
Saturday-Sunday ... 6:00 am - 8:00 pm

## HOLIDAY HOURS

Thanksgiving..... 7:00 am - 12:00 pm\*  
Christmas Eve ..... 6:00 am - 3:00 pm  
Christmas..... Closed  
New Year's Eve..... 6:00 am - 3:00 pm  
New Year's Day .... 7:00 am - 12:00 pm\*  
Easter ..... Closed  
Memorial Day..... 7:00 am - 12:00 pm\*

\*Hours are for the Fercho Branch ONLY. The Schlossman fitness center 24 hour access will be only open on those days.

## YMCA Storm Line

For weather related changes and cancellations call **701.293.9622**, visit [ymcassclay.org](http://ymcassclay.org) or check our new YMCA app.

## LOCATIONS

**Fercho YMCA**  
400 1<sup>st</sup> Avenue S, Fargo  
701.293.9622

**Schlossman YMCA**  
4243 19<sup>th</sup> Avenue S, Fargo  
701.281.0126

**Partner Facility:**  
**Family Wellness**  
2960 Seter Parkway, Fargo  
701.234.2400

**IT SAVES TO  
BE A MEMBER!**

**YMCA MEMBERS RECEIVE  
DISCOUNTS ON YMCA PROGRAMS,  
SERVICES, CAMPS AND MORE!**

**CONNECT WITH US!** Share your YMCA stories with us using **#ymcassclay**

 **Website**  
[ymcassclay.org](http://ymcassclay.org)

 **Twitter**  
[@ymcassclay](https://twitter.com/ymcassclay)

 **LinkedIn**  
Search YMCA of Cass and Clay Counties

 **Facebook**  
[facebook.com/ymcassclay](https://facebook.com/ymcassclay)

 **Instagram**  
[@ymcassclay](https://instagram.com/ymcassclay)

 **Mobile App**  
Search YMCA of Cass and Clay Counties

## PROGRAM REGISTRATION

Flip through the guide for information on winter/spring programs, events and more!

ONLINE	PHONE	WALK-INS
<a href="http://www.ymcassclay.org">www.ymcassclay.org</a>	701.293.9622	400 1st Ave S, or 4243 19th Ave S, Fargo


**Program Registration Policies:** Programs will be pro-rated if participants join after the start date. Participants will not be reimbursed for missed classes after enrollment in the program. Classes are subject to change or cancellation based on enrollment.

**Program Credit/Voucher & Refund Policy:** There is a \$10.00 charge for all refunds/credits unless the class is cancelled by the YMCA, then a full refund is granted. All vouchers expire after 90 days. Once a class begins, no credit will be given. There will be no credit/refund due to weather-related cancellations. No credit is given for membership or missed classes. You will need to fill out a refund/credit form, which can be found at either Member Service Desk or [www.ymcassclay.org/forms](http://www.ymcassclay.org/forms). The form will be reviewed and you will be informed by mail of the action taken.

**Insurance Notice:** It is the responsibility of every individual or their parent/guardian to provide for their own accident and health coverage while participating in all YMCA activities. The YMCA of Cass and Clay Counties does not provide any accident or health coverage for participants.

**Non-Members!** Don't forget to pick up your Program Access Card at either Member Services Desk to gain access into the Y for your program!

# SPLASHES & SMILES

 **THE ENERGY AND ENTHUSIASM** in my classes make me want to stay all day! We encourage each other, watch out for each other, and miss each other when we are not there.

Kay  
Aquatics Instructor



# HEALTH & WELLNESS

## PERSONAL TRAINING Ages 12+

We define your unique needs and build a personal fitness plan specifically for you. This personal attention will help you reach your goals in a comfortable environment. Scheduling is very flexible. A personal trainer is available at both locations, every day from open to close. All of our personal trainers can address many needs such as:



- Weight Loss
- Toning
- Nutrition
- Strength Training
- Cardiovascular Conditioning
- Motivation and Accountability

Sessions	Time	MBR Fee	NM Fee
One-on-One	60 min	\$55	\$69
One-on-One	45 min	\$45	\$59
Partner Training	60 min	\$35 ea	<small>Not available to non-members</small>
Partner Training	45 min	\$30 ea	<small>Not available to non-members</small>
Package (12)	60 min	\$595	\$740

All sessions must be paid for before the session begins, and must be used within one year of purchase.

**Members receive a FREE 30-minute session, which includes a body composition assessment (see below)!**

For more information and trainer bios, visit us online at: [ymcassclay.org/personaltraining](http://ymcassclay.org/personaltraining)

## SIX-WEEK WARRIOR Ages 18+

The NEW Six-Week Warrior program is a lifestyle recharge for your mind, body and soul through nutrition, fitness and stress management. This program is for you if you're trying to build muscle and lose stubborn body fat, if your sweet tooth and cravings control your life, if you're lacking energy, or if you find yourself overwhelmed by stress. During the program,

participants are paired with an accountability partner to support each other. Participants also receive a body composition test, meal suggestions, weekly encouragement videos and articles and more. Join Kylee in a holistic approach to mastering not only nutrition but also stress management and fitness. [ymcassclay.org/warrior](http://ymcassclay.org/warrior)

Jan 16 - Feb 19  
 Feb 26 - April 3  
 April 17 - May 22

**Location:** Fercho  
**Time:** 6-7:00 pm  
**Day:** Mondays  
**Cost:** MBR: \$199, NM: \$250

**Meet & Greet! Jan 9 | 6-7:00pm**  
 Stop in and meet Coach Kylee! Learn from her about the Six-Week Warrior program and also her approach to meal planning, fitness, stress management and more!

## LIVESTRONG® AT THE YMCA Ages 15+

LIVESTRONG® at the YMCA is a FREE 12-week wellness program designed for cancer survivors who have become de-conditioned or chronically fatigued from their disease and/or treatment. Individuals will work with an Exercise Specialist on cardiorespiratory fitness and strength training. Visit us online for upcoming session dates. [ymcassclay.org/livestrong](http://ymcassclay.org/livestrong)

## BODY COMPOSITION ASSESSMENTS Ages 12+

The Y's InBody 570 uses cutting-edge technology to measure over 20 areas, including body fat mass, lean body mass, skeletal muscle mass, percent body fat, total body water, and more! A Personal Trainer will lead you through a full body composition analysis! [ymcassclay.org/inbody](http://ymcassclay.org/inbody)  
**MBR:** \$15/assessment, **NM:** \$45/assessment

## MASSAGE Ages 16+

Reward yourself and unwind after a grueling workout or an exhausting day. We'll take care of your sore and achy muscles, so that you don't miss out on the things you love! The Y has massage therapists right on site, ready for you. Visit us online for days, times and locations. [ymcassclay.org/massage](http://ymcassclay.org/massage)

Appointments	MBR Fee	NM Fee
60 min	\$60	\$75
90 min	\$80	\$100
Package (12-60 min)	\$190	\$240



**Questions?** Contact Caleb Johnson, Health & Wellness Director, at 701.356.1447 or [caleb.johnson@ymcassclay.org](mailto:caleb.johnson@ymcassclay.org)  
[www.ymcassclay.org/programs](http://www.ymcassclay.org/programs)

# OVERCOMING SICKNESS GAINING STRENGTH



**THE LIVESTRONG® at the YMCA PROGRAM MEANS A NEW START.** Going through the program allows each participant to gain control of their health.

Katelyn  
 Health & Wellness Coordinator



# CRUNCHES & CONFIDENCE

**“ I LOVE THE Y’S GROUP FITNESS CLASSES, especially CXWORX. It’s a quick weekly workout with my Y friends over my lunch break!**

Sierra, Group Fitness Participant



## GROUP FITNESS CLASSES

Ages 15+

The YMCA offers many weekly group fitness classes for all ages, all levels and all interests. From low-impact exercise and chair classes, stretching and strength training, to indoor cycling, water exercise and yoga, you’ll find a group class that’s fun, supportive and keeps you moving. Classes are included in membership and are offered at both branches.

### LAND

#### Beginner

BODYVIVE™  
BODYFLOW™  
Yoga Level I  
Zumba®  
XABeat  
XABeat Lite

#### Advanced

Cycle  
Yoga in Motion  
Tabata/HIIT  
Biking Bootcamp  
BODYPUMP™  
Mixed Level Yoga  
BODYSTEP™  
CXWORX™

#### Active Older Adults

SilverSneakers® Circuit  
SilverSneakers® Classic  
SilverSneakers® Yoga  
XABeat Lite

### WATER

#### Low Difficulty

SilverSneakers® Splash  
Aqua Lite

#### Moderate/Advanced

Deep Water Tabata  
WaterinMotion®  
Aqua Zumba  
Hydro Training  
Water Wake Up



## ACTIVE OLDER ADULTS

Ages 55+

Active Older Adults is an FREE 12-week program for older adults looking to gain more knowledge in the fitness center regarding muscular strength conditioning, cardio strength conditioning, balance and flexibility in a small-group setting. Visit us online for upcoming sessions dates. [ymcacasclay.org/activeolderadults](http://ymcacasclay.org/activeolderadults)

### Noontime Newdels FREE

Every 3rd Mon | 11:15 am-1:00 pm | Schlossman  
Every 3rd Tues | 11:15 am-1:00 pm | Fercho  
Join us for monthly health-related discussions and a potluck-style lunch!

### Cards! FREE

Thurs | 11:00 am - 12:00 pm | Fercho  
Cards! Enjoy pinocle, whist, cribbage, dominos, and more!

## INTRO TO YOGA WORKSHOPS

Ages 15+

This series of three one-hour classes is specifically designed for beginners. Participants are taken through the foundational postures, breath work and relaxation. The intimate group experience offers a safe and nurturing setting.

**Location:** Fercho  
**Time:** 6:45-7:45 pm  
**Days:** Mondays  
**Cost:** MBR: FREE, NM: \$30

Jan 9, 16, 23      March 13, 20, 27  
Jan 30, Feb 6, 13      April 3, 10, 17  
Feb 20, 27, March 6

## ADULT ROCK CLIMBING

Ages 15+

Learn rock climbing skills and techniques on our 32’ indoor rock climbing wall. Challenge your skills and knowledge by tying knots and climbing basic routes.

**Location:** Schlossman  
**Time:** 6:30-7:30 pm  
**Days:** Thursdays  
**Cost:** MBR: \$35, NM: \$43

Jan 2 - Feb 4  
Feb 6 - March 11  
March 20 - April 22

## PE CLASS

Ages 18+

Come relive the glory days! Join us for this adults-only PE class that will include games like Big Base, Kickball, Dodgeball, Pin Guard, and more. This class will be focused on FUN and getting to know one another while playing some of your favorite games from elementary and high school PE class!

**Location:** Fercho  
**Time:** 6:00 - 7:00 pm  
**Days:** Thursdays  
**Cost:** MBR: \$35, NM: \$40

Feb 6 - March 11  
March 20 - April 22

## LEARN A SKILL

### Swimming Lessons Fercho | Ages 16+

If you are afraid of the water and want to gain comfort or if you already know how to swim but would like to improve your technique, this class is for you. [ymcacasclay.org/swimschool](http://ymcacasclay.org/swimschool)  
**Jan 9 - March 12, MBR: \$58.50, NM: \$117**  
**March 20 - May 14, MBR: \$52, NM: \$104**  
**Mon & Wed | 7:00-7:30 pm**

### CPR, First Aid & More!

The YMCA offers CPR/First Aid classes, Lifeguard Certifications, Lifeguard Re-Certifications and Water Safety Instructor classes. Visit us online for upcoming classes. [ymcacasclay.org/safety](http://ymcacasclay.org/safety)

## MAKE AN IMPACT

### Join Our Team Ages 12+

Working and volunteering at the Y, you’ll discover more than a job - you’ll find the opportunity to make a lasting difference in the lives of those around you. Our staff members and volunteers of all ages and from diverse backgrounds and life experiences - nurture the potential of youth and teens, improve others’ health and well-being and provide support to our neighbors.

[ymcacasclay.org/jobs](http://ymcacasclay.org/jobs)

### Volunteer Opportunities Fercho | Ages 14+

As a not-for-profit we greatly appreciate dedicated individuals who are willing to share their time and talents through volunteering. Children fourteen and under are welcome to serve with their parents. [ymcacasclay.org/volunteer](http://ymcacasclay.org/volunteer)

## UPCOMING EVENTS

### AquaZumba/WATERinMOTION-a-thon Ages 12+

Jan 20 | 6-7:30pm | Fercho | MBR: Free, NM: \$5

Join us for an exciting class that combines AquaZumba and WATERinMOTION! The class will include Latin-inspired dancing with easy to follow moves that create a dynamic water workout.

### Twins Game Bus Trips All Ages

Come join us for another great year of Twins baseball at their beautiful outdoor Target Field! All ages are welcome, but children 12 years of age and under must be accompanied by an adult. Stay tuned for dates and other details. Registration will open March 1.

### Gator Swim Training Fargo North High School | Ages 19+

Participants range from beginners to the athletes seeking to compete in triathlons. Coaches will be on deck to improve stroke technique, endurance and speed. [fmgators.com](http://fmgators.com)

**Jan 3 - April 20 | Tues & Thurs | 5:45-6:45am | MBR: \$109, NM: \$136**

### Intro to Lap Swim Fercho | Ages 15+

Do you want to include lap swim into your workouts but not sure how lap swim works? Want to know what equipment to use and how sharing a swim lane works? Come to Intro to Lap Swim where our Aquatics staff will show you where the lap swim equipment is stored and how to use it. Learn how lap swimmers share lanes and some swimming basics to get you started on a swimming workout.

**Starting Dec 4 | Sun 11-11:45am | Mon 12-12:45pm | FREE for mbrs**

### Brighter Futures

The Brighter Futures group is a network of young professionals under the age of 40 who want to build Brighter Futures for youth in Cass and Clay Counties. Members connect to their communities and each other through professional development, educational opportunities, volunteering and networking events. [ymcacasclay.org/brighterfutures](http://ymcacasclay.org/brighterfutures)

### Reach & Rise® Fercho | Ages 21+

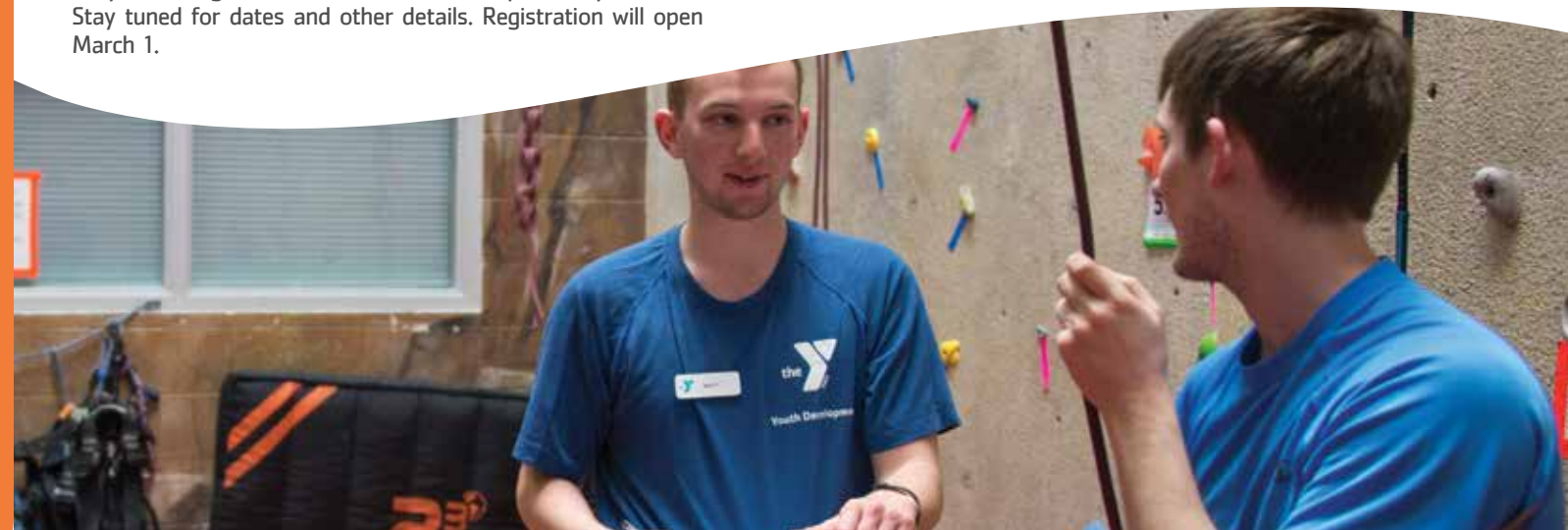
Reach & Rise Mentoring Program helps build better futures for youth ages 6 to 17 by helping them reach their full potential through the support of caring adults. Become a mentor! Commit to one year of service and meet with youth weekly for 1-3 hours. [ymcacasclay.org/reachrise](http://ymcacasclay.org/reachrise)

### Candlelight Yoga Ages 15+

7-8:15pm | Fercho | Ages 15+ | MBR: Free Will Donation, NM: \$5

This all-levels class is done in the calming glow of candle light, and is designed to help melt away tension, decrease feelings of stress and anxiety and increase a sense of calmness and peacefulness. All proceeds go toward the LIVESTRONG® at the YMCA program.

Jan 6    Feb 17    March 3



# JOIN US AT THE Y!



**Don't forget: YMCA Members get discounts** on programs, events, services and camps!

## MEMBERSHIP RATES & CATEGORIES:

**MONTHLY RATE**  
Via Automatic Bank Draft

**ENROLLMENT CONTRIBUTION**  
One-Time Fee

<b>Family / Household</b> - up to two adults + dependents* living in the household	\$80.00**	\$50.00
<b>Family/Household Package</b> - up to two adults + dependents* living in the household (includes Playstation usage)	\$103.00*	\$50.00
<b>Single</b> - Ages 25-64	\$53.00**	\$50.00
<b>Senior</b> - Ages 65+	\$48.00**	\$50.00
<b>Student/Youth</b> - Ages 8-24	\$32.00**	\$0.00

\* Includes full-time college students under the age of 26 or dependent adults. Dependents must be living at the same address and are dependent for care and financial assistance.

\*\* A \$3 service fee will be added to your monthly bank draft when paying with a credit or debit card.

## INCLUDED IN MEMBERSHIP:

(F): Fercho only  
(S): Schlossman only

### Aquatic Center (F)

NEW! Including a six-lane lap loop, small warm water pool, and zero-depth kids' pool. Opening to members April 16!

### Fitness Centers

Includes 24/hr access at the Schlossman branch!

### Group Fitness Classes

Over 150 classes every week!

### Racquetball/Handball Courts (F)

Courts can be reserved up to three days in advance. Equipment available for check out.

### Climbing Wall (S)

Scale our 32 foot rock wall!

### Basketball Gyms

Open for use! Member pick-up games are available over the noon hour M-F.

### Play Loft / Kids' Gym

Themed play areas with slides, climbing platforms, and more!

### Xerzones

Youth interactive rooms with games, ping pong, and more!

### AWAY Program

Use other Y's around the world!

### Use our partner location,

Family Wellness, up to 12 times per year

### Playstations

Children can play while their parents work out!

### Members receive special rates

on all Y programs, services and events!

### Locker Rooms

Including saunas, whirlpools and towel service.

### FREE 30min. session

with a personal trainer

### NO CONTRACTS, FREE Guest Passes

and so much more!

## Partner of Youth Annual Campaign

The Partner of Youth Annual Campaign allows the Y to provide scholarships for children to learn life skills through different programs such as swimming lessons, basketball, camp, child care and more. For more information or to donate, call 701.364.4120 or visit [ymcacassclay.org/poy](http://ymcacassclay.org/poy).

## SAVE THE DATE!

Multiply your impact on Giving Hearts Day, by visiting [impactgiveback.org](http://impactgiveback.org) to have your donation to the Partner of Youth Annual Campaign of \$10 or more MATCHED by the Dakota Medical Foundation up to \$4,000. Find a charity to love this Giving Hearts Day, Thursday, February 9, 2017!

