



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Fitness Schedule

Schlossman YMCA
January 2nd - May 28th

4243 19th Avenue S
Fargo, ND 58103
(701) 281-0126

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	BODYPUMP Studio 1 5:30am - 6:30am		BODYPUMP Studio 1 5:30am - 6:30am	BODYSTEP Studio 2 5:45am - 6:45am	BODYPUMP Studio 1 5:30am - 6:30am		
8am						BODYPUMP Studio 1 8am - 9am	
9am	BODYSTEP Studio 1 9am - 10am	BODYPUMP Studio 1 9am - 10am	BODYSTEP Studio 1 9am - 10am	BODYPUMP Studio 1 9am - 10am	BODYSTEP Studio 1 9am - 10am	BODYFLOW Studio 1 9:15am - 10:15am	
10am	SilverSneakers Classic Studio 1 10:15am - 11am	SilverSneakers Yoga Studio 1 10:15am - 11am	SilverSneakers Circuit Studio 1 10:15am - 11am	XABeat Lite Studio 1 10:15am - 11am	SilverSneakers Classic Studio 1 10:15am - 11am	BODYPUMP Studio 1 10:30am - 11:30am	
	XABeat Lite Studio 2 10:15am - 11am	BODYFLOW Studio 2 10:15am - 11:15am		BODYFLOW Studio 2 10:15am - 11:15am			
12pm	BODYPUMP Studio 1 12pm - 1pm		BODYPUMP Studio 1 12pm - 1pm		BODYPUMP Studio 1 12pm - 1pm		
1pm		CXWORX Studio 1 1:15pm - 1:45pm		CXWORX Studio 1 1:15pm - 1:45pm			
4pm							BODYSTEP Studio 1 4:30pm - 5:30pm
5pm	BODYFLOW Studio 2 5:30pm - 6:30pm	XABeat Studio 1 5:15pm - 6:15pm	BODYFLOW Studio 2 5:30pm - 6:30pm	XABeat Studio 1 5:15pm - 6:15pm			
		Mixed Level Yoga Studio 2 5:30pm - 6:30pm		Yoga Level II Studio 2 5:30pm - 6:30pm			
6pm	Zumba Studio 1 6:30pm - 7:30pm	BODYPUMP Studio 1 6:30pm - 7:30pm	Zumba Studio 1 6:30pm - 7:30pm	BODYPUMP Studio 1 6:30pm - 7:30pm	Zumba Studio 1 6:30pm - 7:30pm		

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.

BODYFLOW - BODYFLOW is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling calm. Controlled breathing, concentration and a carefully structured series of stretches/poses brings the body into a state of harmony.

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.

BODYSTEP - In BODYSTEP class you combine basic stepping with moves like burpees, push ups and weight plate exercises to work the upper body. If you fancy quicker stepping and the chance to showcase your rhythm and flair then BODYSTEP Classic is the way to go.

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.

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.

SilverSneakers Yoga - SilverSneakers Yoga will move your whole body through a complete series of seated and standing poses. Postures are designed to increase flexibility, balance and range of movement. Restorative breathing exercises will promote mental clarity.

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 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.