



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fercho Group Fitness Schedule

Fercho YMCA

February 8th - May 28th

400 1st Avenue South

Fargo, ND 58103

(701) 293-9622

	MON 8	TUE 9	WED 10	THU 11	FRI 12	SAT 13	SUN 14
5am	BODYPUMP Studio A 5:30am - 6:30am	Cycle Studio C 5:30am - 6am	Biking Bootcamp Studio A 5:30am - 6:30am	Cycle Studio C 5:30am - 6am	BODYPUMP Studio A 5:30am - 6:30am		
			BODYPUMP Studio B 5:30am - 6:30am				
6am		CXWORX Studio A 6am - 6:30am		CXWORX Studio A 6am - 6:30am			
8am						Cycle Studio C 8am - 9am	
9am	Zumba Studio A 9am - 10am	BODYVIVE Studio A 9am - 10am	Zumba Studio A 9am - 10am	BODYVIVE Studio A 9am - 10am	XABeat Studio A 9am - 10am	Zumba Studio A 9am - 10am	
	Cycle Studio C 9am - 10am		Cycle Studio C 9am - 10am		Cycle Studio C 9am - 9:45am	Yoga Level II Studio B 9am - 10am	
10am	SilverSneakers Classic Studio A 10:15am - 11am	SilverSneakers Circuit Studio A 10:15am - 11am	SilverSneakers Classic Studio A 10:15am - 11am	SilverSneakers Circuit Studio A 10:15am - 11am	SilverSneakers Classic Studio A 10:15am - 11am	Cycle Studio B 10:15am - 11:15am	
	CXWORX Studio B 10:15am - 11:15am	Yoga Level I Studio B 10:15am - 11:15am	CXWORX Studio B 10:15am - 11:15am	Yoga Level I Studio B 10:15am - 11:15am			
11am		Cycle Studio C 11:15am - 12pm		Cycle Studio C 11:15am - 12pm			
12pm	Yoga Level I Studio B 12pm - 1pm	BODYPUMP Studio A 12:15pm - 1:15pm	Yoga Level II Studio B 12pm - 1pm	BODYPUMP Studio A 12:15pm - 1:15pm	Yoga in Motion Studio B 12pm - 1pm		
1pm							Cycle Studio C 1:15pm - 2:15pm
2pm							Kids/Family Fitness Studio A 2:30pm - 3:30pm
4pm	Circuit Blast Studio A 4:30pm - 5:15pm	Cycle Studio C 4:30pm - 5:15pm	Circuit Blast Studio A 4:30pm - 5:15pm	Cycle Studio C 4:30pm - 5:15pm			BODYPUMP Studio A 4:30pm - 5:30pm
							Mixed Level Yoga Studio B 4:30pm - 5:30pm
5pm	Zumba Studio A 5:15pm - 6:15pm	BODYPUMP Studio A 5:15pm - 6:15pm	XABeat Studio A 5:15pm - 6:15pm	BODYPUMP Studio A 5:15pm - 6:15pm			
	Yoga in Motion Studio B 5:30pm - 6:30pm	Mixed Level Yoga Studio B 5:30pm - 6:30pm	Yoga Level I Studio B 5:30pm - 6:30pm	Mixed Level Yoga Studio B 5:30pm - 6:30pm			
	Cycle Studio C 5:30pm - 6:30pm	Cycle Studio C 5:30pm - 6:30pm	Cycle Studio C 5:30pm - 6:30pm	Cycle Studio C 5:30pm - 6:30pm			
6pm							
	BODYPUMP Studio A 6pm - 7pm	Zumba Studio A 6pm - 7pm	BODYPUMP Studio A 6pm - 7pm	Zumba Studio A 6pm - 7pm			



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Class Descriptions

Fercho YMCA

400 1st Avenue South
Fargo, ND 58103
(701) 293-9622

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.

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.

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.

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.