



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IGNITING YOUR SPIRIT

SUMMER 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

New Year's..... 7:00am – 12:00pm*
Easter Closed
Memorial Day..... 7:00am – 12:00pm*
4th of July Closed
Labor Day 7:00am – 12:00pm*
Thanksgiving..... 7:00am – 12:00pm*
Christmas Eve 6:00am – 3:00pm
Christmas..... Closed
New Year's Eve..... 6:00am – 3:00pm

*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 ymcacassclay.org or check our new **YMCA app**.

LOCATIONS

Fercho YMCA

400 1st Avenue S, Fargo
701.293.9622

Schlossman YMCA

4243 19th 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 **#ymcacassclay**

 **Website**
ymcacassclay.org

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

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

 **Facebook**
facebook.com/ymcacassclay

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

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

PROGRAM REGISTRATION

Flip through the guide for information on summer programs, events and more!

| | | |
|--|------------------------------|--|
| ONLINE | PHONE | WALK-INS |
| ymcacassclay.org | 701.293.9622 or 701.281.0126 | 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.ymcacassclay.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!

XTREME YMCA ZONE TRAINING **NEW!**

NEW Group Training Class Ages 15+ | **FREE** for Members

This hour-long interval fitness class includes resistance training, cardio, agility, suspension training, and high-energy exercises for your entire body. Classes are broken into intervals of cardiovascular and strength training, moving from station to station. These workouts incorporate endurance, strength and power elements through a variety of equipment including rowers, TRX® suspension training, free weights – and your own body weight!

NEW MyZone Heart Rate Monitors

To get the most out of your workout participants are encouraged to wear 'MyZone' heart-rate monitors during class, which brings an entirely new element to your workout and is designed to keep heart rate in a target zone that quickens metabolism and boosts energy. With these monitors, you will be able to track your effort and heart rate. You will also be able to sync your monitor to your smart phone and view live calorie burning data during your workout, track your workout history, make social connections, and compete in group challenges! The heart rate monitor will also tell you what 'zone' you need to stay in to get the best work out and

see the biggest results. Live video screens are available in Studio I at Schlossman and Studios A and C at Fercho so you can see the most up-to-date data during class!



MyZone monitors are available for purchase at the Member Services Desk. **MBR: \$60, NM: \$150**

Weekly Schedule

Schlossman Studio I

Mon, 5:15–6:15pm

Tues, 5:30–6:30am

Tues, 12:00–1:00pm

Wed, 5:15–6:15pm

Thurs, 5:30–6:30am

Thurs, 12:00–1:00pm

Sat, 11:45am–12:45pm

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

ymcassclay.org/personaltraining

| 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 | Not available to non-members |
| Partner Training | 45 min | \$30 ea | Not available to non-members |
| 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.

ORIENTATION SESSION:

Members receive a FREE 60-Minute Personal Training Orientation Session, which includes a body composition assessment (see below), a consultation and a chance to get familiar with the fitness equipment. Members who go through the orientation session, get a discount on their next set of personal training sessions.

SIX-WEEK WARRIOR Ages 18+

The 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 Coach Kylee in a holistic approach to mastering not only nutrition but also stress management and fitness.

ymcassclay.org/warrior

May 29 - July 10

July 17 - Aug 21

Aug 28 - Oct 2

Location: Fercho

Time: 6-7:00 pm

Day: Mondays

Cost: MBR: \$199, NM: \$250

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

Appointments MBR Fee NM Fee

| | | |
|--------------------|-------|-------|
| 60 min | \$60 | \$75 |
| 90 min | \$80 | \$100 |
| Package (4-60 min) | \$190 | \$240 |

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. ymcassclay.org/livestrong

Session: May 22 - Aug 14 **Days:** Mondays & Wednesdays

Location: Schlossman **Cost:** MBR: FREE, NM: \$30

Times Available: 8:45-10:00am, 11:45-1:15pm, 1:30-3:00pm



Questions? Contact Caleb Johnson, Health and Wellness Director, at 701.356.1447 or caleb.johnson@ymcassclay.org
ymcassclay.org/programs

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

MBR: \$15/assessment, **NM:** \$45/assessment



WORKING OUT & WINNING BATTLES



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

WATER WEIGHTS & WARRIORS



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
Biking Bootcamp
BODYPUMP™
Mixed Level Yoga
BODYSTEP™
CXWORX™
XYZ Training

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. ymcacasclay.org/activeolderadults

May 22 - Aug 14 Tues & Thurs 9:00-9:45am Fercho
May 22 - Aug 14 Tues & Thurs 10:00-10:45am Fercho

Noontime Newdels FREE

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

Cards! FREE

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

WATER POLO

Ages 15+

Join us for open games of water polo in the deep end of the Large Pool every week! YMCA staff will be on hand to teach skills and run games! Just show up - no registration required.

Through June 3

Location: Fercho
Time: 12:00-1:30pm
Days: Saturdays
Cost: MBR: \$FREE, NM: \$5/day

Starting June 5

Location: Island Park Pool
Time: 6:45-8:15am
Days: Mondays
Cost: MBR: \$FREE, NM: \$60/summer

PE CLASS

Ages 18+

Come relive the glory days! Join us for this adults-only PE class that will include games like Wallyball, Kickball, Dodgeball, Floor Hockey, 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! Just show up - no registration required.

Location: Fercho
Time: 6:00-7:00 pm
Days: Thursdays
Cost: MBR: \$FREE, NM: \$5/class

LEARN A SKILL

Adult 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, adult swimming lessons are for you. ymcacasclay.org/swimschool

June 5 - Aug 17, MBR: \$77, NM: \$154
Mon | 6:30-7:00pm

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

Gator Swim Training Island Park Pool | 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. Practice will be held at Fargo North High School through June 1, then will move to the Island Park Pool. fmgators.com

Tues & Thurs | 5:45-6:45am

Full: April 24 - Aug 16 | MBR: \$109, NM: \$136
Spring: April 24 - June 2 | MBR: \$41, NM: \$51
Summer: June 5 - Aug 11 | MBR: \$68, NM: \$85

Intro to Lap Swim Fercho | Ages 15+

Do you want to include lap swim into your workouts but not sure how? 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. Just show up - no registration required. **Sundays 11-11:45am | FREE for mbrs**

MAKE AN IMPACT

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

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

UPCOMING EVENTS

Twins Game Bus Trips Target Field | All Ages

Bus leaves Fercho at 7:30am | MBR: \$50, NM: \$65

Come join us for another great year of Twins baseball at their outdoor Target Field! All ages are welcome, but children 12 years of age and under must be accompanied by an adult.

| | |
|---------|------------------------|
| June 15 | Twins vs. Mariners |
| July 23 | Twins vs. Tigers |
| Aug 20 | Twins vs. Diamondbacks |

Beyond the Plain Climbing Competition

Saturday, April 22 | Schlossman | Ages 7+

9-11:00am or 11am-1:00pm | MBR: \$26, NM: \$35

Join other adventurers and rock climbers for our first annual climbing competition! Beginner, intermediate and advanced levels are available at both times, so register for the level you would like and get ready for a fun time!

FOGA - Yoga in the Park Island Park | Ages 15+ Wednesdays | 6:00-7:00pm | Free Will Donation

FOGA is a movement to create unity and rally around local causes in the FM community, by hosting yoga classes for advocates to raise money and create meaningful change. FOGA is a fundraising effort channeling Fargo's passion for yoga into fundraising for local nonprofits. FOGA's mission is to make yoga community minded, accessible and fun! Events are donation based to benefit the Y's Reach and Rise® Mentoring Program.

| | | |
|---------|---------|---------|
| June 14 | June 21 | June 28 |
| July 12 | July 19 | July 26 |
| Aug 2 | Aug 9 | Aug 16 |

Handball Tournament

Saturday, July 15 | Island Park | Tournament starts at 9am

Get into the competitive spirit! Handball players, bring your game to the new outdoor courts in Island Park. Stay tuned for more details.



JOIN US AT THE Y!



Don't forget: You can now become a member online!
ymcassclay.org/join

MEMBERSHIP RATES & CATEGORIES:

MONTHLY RATE
Via Automatic Bank Draft

ENROLLMENT CONTRIBUTION
One-Time Fee

| | | |
|--|----------|---------|
| Family / Household* - up to two adults + dependents* living in the household | \$80.00 | \$50.00 |
| Family/Household Package* - up to two adults + dependents* living in the household (includes Playstation usage) | \$103.00 | \$50.00 |
| Single - Ages 25-64 | \$53.00 | \$50.00 |
| Senior - Ages 65+ | \$48.00 | \$50.00 |
| Student/Youth - Ages 8-24 | \$32.00 | \$0.00 |
| Night Owl** - Ages 18+ | \$10.00 | \$50.00 |

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

Health Club Credit Programs

The Y partners with many health insurance providers that reimburse members for exercising! To find out if your plan qualifies, call the number on the back of your health insurance card and ask if they have a Health Club Credit Program.

Y Match Needs-Based Membership

Assistance is available, within the limits of our resources, to members that provide complete documentation showing their inability to pay the full member rate. Interested in applying? Stop by either Y location to pick up an application or visit us online.

Membership Cancellation Policy

You may cancel your membership at any time by coming to either Y location, filling out a drop form, and turning in your membership card(s). Members who draft on the 15th of each month must cancel by the last day of the prior month. Members who draft on the 1st of each month must cancel by the 15th of the prior month.

Questions on membership or want to schedule a tour?

Christine | 701.364.4121 | christine.hoff@ymcassclay.org | Fercho
 Alex | 701.356.1477 | alex.elizarraga@ymcassclay.org | Schlossman

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.

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

Includes saunas, whirlpools and towel service.

FREE 60min. session

Includes a body assessment, consultation and fitness center orientation.

NO CONTRACTS, FREE Guest Passes and so much more!

Join us for the 4th annual WOMEN'S FIT CAMP

Aug 18-20 | YMCA Camp Cormorant | Ages 18+
 MBR: \$249, NM: \$299, Fill a Cabin of 7: \$1,500

Join women of all fitness abilities, to renew, empower and improve through fitness, good nutrition and stress management at the Y's 4th Annual Fitness Intensive Training three-day camp. Each day you will be challenged to improve your well-being and gain a deeper understanding of your mind, body and spirit. Camp will include workouts and educational activities. ymcassclay.org/fitcamp

Meet & Greet!

July 13 | 6:30-8:00pm | Green House Cafe

Want to learn a bit more about camp before signing up? Stop by the Green House Cafe in downtown Fargo to meet with camp counselors and alumni, ask questions and grab a healthy snack.

