



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Fitness Summer 2017

Schlossman YMCA

May 30th - September 5th

4243 19th Avenue S

Fargo, ND 58103

(701) 281-0126

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



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## Class Descriptions

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**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.

**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.

**XYZ Training** - This interval fitness class includes resistance training, cardio, agility, suspension training, and high-energy exercises for your entire body; workouts incorporate endurance, strength and power elements through a variety of equipment

**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.