



Group Fitness Schedule  
 Fercho YMCA  
 January 2nd - May 31st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>5am</b>	<b>BODYPUMP®</b> Studio A 5:30am - 6:30am	<b>Cycle yPULSE</b> The Stadium Cycle Studio 5:30am - 6am	<b>Cycle 30/30 mSmart</b> The Stadium Cycle Studio 5:30am - 6:30am	<b>Cycle yPULSE</b> The Stadium Cycle Studio 5:30am - 6am	<b>BODYPUMP®</b> Studio A 5:30am - 6:30am		
	<b>Cycle yPULSE</b> The Stadium Cycle Studio 5:30am - 6:30am						
<b>6am</b>		<b>CXWORX®</b> Studio A 6am - 6:30am		<b>CXWORX®</b> Studio A 6am - 6:30am			
<b>8am</b>						<b>Cycle uROAR</b> The Stadium Cycle Studio 8am - 9am	
						<b>Sport Boxing</b> Studio B 8am - 8:45am	
<b>9am</b>	<b>Cycle mSMART</b> The Stadium Cycle Studio 9am - 10am	<b>Cardio Class</b> Studio A 9am - 10am	<b>Zumba</b> Studio A 9am - 10am	<b>BODYVIVE®</b> Studio A 9am - 10am	<b>XABeat</b> Studio A 9am - 10am	<b>Zumba</b> Studio A 9am - 10am	
	<b>Zumba</b> Studio A 9am - 10am		<b>Cycle mSMART</b> The Stadium Cycle Studio 9am - 10am	<b>TurboKick</b> Studio B 9am - 10am	<b>Cycle mSMART</b> The Stadium Cycle Studio 9am - 10am	<b>Mixed Level Yoga</b> Studio B 9am - 10am	
<b>10am</b>	<b>CXWORX®</b> Studio B 10:15am - 11:15am	<b>Yoga Level I</b> Studio B 10am - 11am	<b>Zumba Gold</b> Studio A 10:15am - 11am	<b>Yoga Level I</b> Studio B 10am - 11am	<b>SilverSneakers Classic</b> Studio A 10:15am - 11am	<b>Cycle yPULSE</b> The Stadium Cycle Studio 10:15am - 11:15am	
	<b>SilverSneakers Classic</b> Studio A 10:15am - 11am	<b>SilverSneakers Circuit</b> Studio A 10:15am - 11am	<b>CXWORX®</b> Studio B 10:15am - 11:15am	<b>SilverSneakers Circuit</b> Studio A 10:15am - 11am			
<b>11am</b>		<b>Cycle uROAR</b> The Stadium Cycle Studio 11:15am - 12pm		<b>Cycle uROAR</b> The Stadium Cycle Studio 11:15am - 12pm			
<b>12pm</b>	<b>Yoga Level I</b> Studio A 12pm - 1pm	<b>Sport Boxing</b> Studio B 12pm - 12:45pm	<b>Yoga in Motion</b> Studio B 12pm - 1pm	<b>BODYPUMP®</b> Studio A 12:15pm - 1pm	<b>HIIT</b> Studio A 12pm - 1pm		
	<b>HIIT</b> Studio A 12pm - 1pm	<b>BODYPUMP®</b> Studio A 12:15pm - 1pm	<b>XABeat</b> Studio A 12pm - 12:40pm		<b>Yoga Level II</b> Studio B 12pm - 1pm		
<b>3pm</b>							<b>Cycle mSMART</b> The Stadium Cycle Studio 3:15pm - 4:15pm
							<b>STRONG by Zumba</b> Studio A 3:15pm - 4:15pm

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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	MON	TUE	WED	THU	FRI	SAT	SUN
4pm	<b>BODYPUMP</b> Foundations - Free! Sign up @ Front Desk Studio A 4:30pm - 5pm	<b>Cycle mSMART</b> The Stadium Cycle Studio 4:30pm - 5:15pm	<b>Cycle uROAR</b> The Stadium Cycle Studio 4:30pm - 5:15pm	<b>Cycle yPULSE</b> The Stadium Cycle Studio 4:30pm - 5:15pm	<b>BODYPUMP®</b> Studio A 4:45pm - 5:45pm		<b>BODYPUMP®</b> Studio A 4:30pm - 5:30pm
	<b>Cycle Foundations - Free! Sign up @ Front Desk</b> The Stadium Cycle Studio 4:30pm - 5:15pm		<b>STRONG by Zumba</b> Studio A 4:30pm - 5:15pm				<b>Yoga in Motion</b> Studio B 4:30pm - 5:30pm
5pm	<b>Zumba</b> Studio A 5:15pm - 6:15pm	<b>BODYPUMP®</b> Studio A 5:15pm - 6:15pm	<b>Yoga Level I</b> Studio B 5:30pm - 6:30pm	<b>BODYPUMP®</b> Studio A 5:15pm - 6:15pm	<b>Insanity</b> Studio B 5pm - 5:45pm		<b>BODYPUMP®</b> Studio A 5:45pm - 6:45pm
	<b>Yoga in Motion</b> Studio B 5:30pm - 6:30pm	<b>Cycle yPULSE</b> The Stadium Cycle Studio 5:30pm - 6:30pm	<b>Cycle yPULSE</b> Studio A 5:30pm - 6:30pm	<b>Cycle mSMART</b> The Stadium Cycle Studio 5:30pm - 6:30pm			
	<b>Cycle uROAR</b> The Stadium Cycle Studio 5:30pm - 6:30pm	<b>Mixed Level Yoga</b> Studio B 5:30pm - 6:30pm	<b>XABeat</b> Studio A 5:30pm - 6:15pm	<b>Yoga Level II</b> Studio B 5:30pm - 6:45pm			
6pm	<b>BODYPUMP®</b> Studio A 6:30pm - 7:30pm	<b>DanceFit</b> Studio A 6:30pm - 7:30pm	<b>BODYPUMP®</b> Studio A 6:30pm - 7:30pm	<b>Zumba</b> Studio A 6:30pm - 7:30pm			
	<b>Yoga Foundations - Free! Sign up @ Front Desk</b> Studio B 6:45pm - 7:45pm						

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## Class Descriptions Fercho YMCA

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**BODYPUMP Foundations – Free! Sign up @ Front Desk** - This course consists of a three-class workshop, designed to make you feel comfortable with the basics of BODYPUMP®. Usually held the 1st, 2nd, and 3rd Monday of the month. Registration required – Visit the Member Services Desk to get signed up!

**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.

**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 30/30 mSmart** - This class consists of 30 min. of Cycle in The Stadium and 30min. of Bootcamp in Studio A. It is suggested for beginners to arrive 15min. early for setup, but it is okay if you can't!

**Cycle Foundations – Free! Sign up @ Front Desk** - This course consists of a three-class workshop, designed to make you feel comfortable with the basics of Cycle classes. Usually held the 1st, 2nd, and 3rd Monday of the month. Registration required – Visit the Member Services Desk to get signed up!

**Cycle mSMART** - Energizing all-levels class, incorporating cutting-edge technology. Please arrive 15 mins early

**Cycle uROAR** - This exhilarating ride is for the fearless, with options provided for participation at any level. A competition against yourself. Please arrive 15 mins early.

**Cycle yPULSE** - Energy pumping music and expert instruction provides a workout experience focusing on fundamental tools for the new to expert rider. Please arrive 15 mins early

**DanceFit** - Enjoy a dance workout while incorporating different styles of dance. Variety is the key to keeping your workouts fresh and your body in optimal shape!

**HIIT** - Get your Cardio ON! Whether in the studio or the park (watch for signs), this class is full of variety. Don't worry about arriving a little late, you can start in on the fun whenever you arrive during this hour.

**Insanity** - Get ready for a high energy HIIT workout! Insanity involves 3-5min HIIT intervals, followed by short intervals of rest for an intense, full-body workout!

**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.

**Sport Boxing** - Sport Boxing draws from American and Thai boxing to improve coordination, speed, agility, and strength. You'll learn proper techniques for Jab, Straight, Hook and Uppercut punches plus some simple knee and elbow strikes and kicks. Beginners welcome!

**STRONG by Zumba** - A high intensity interval training class using traditional fitness moves for a full-body, conditioning workout, set to energy-boosting music.

**TurboKick** - This class is the ultimate cardio-kickboxing party, utilizing kickboxing, and martial arts style moves. Class includes intensity, active recovery, and strength sections for a full-body workout.

**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 Foundations – Free! Sign up @ Front Desk** - This free course consists of a three-class workshop, designed to make you feel comfortable with the basics of Yoga. Usually held the 1st, 2nd, and 3rd Monday of the month. Registration required – Visit the Member Services Desk to get signed up!

**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.



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**Zumba Gold** - A fun class designed for those with very little exercise experience, those with physical limitations or the inactive older adult. creating a fun atmosphere using moves and rhythms from many different dance styles while still easy to follow along.