

# Winter 2020-21 program guide

Go-To Guide for all  
Winter Programs at  
Choice Health & Fitness

**AQUATICS**

**SPORTS TRAINING**

**FITNESS**

**TENNIS**

**RACQUETBALL**

**BASKETBALL**

**VOLLEYBALL**



**Y WE'RE YOUR BEST CHOICE**

**2 GREAT FACILITIES  
1 MEMBERSHIP**

# *New at Choice Health & Fitness!*

## **MEMBER SERVICE PORTAL**



**TO ENHANCE OUR MEMBER EXPERIENCE, WE HAVE LAUNCHED A NEW MEMBER SERVICES PORTAL THAT WILL GIVE YOU THE ABILITY TO:**

- View and edit personal and billing information
- Register for youth & adult programs
- View current and previous invoices and payments
- View check in history
- View past account activity
- Pay balances and more

**TO GET STARTED USING THE MEMBER SERVICES PORTAL, VISIT [CHOICEHF.COM](http://CHOICEHF.COM)**

Log in using your Membership ID for your username and password.

You'll be prompted to change your username and password after your initial login.

If you are having problems logging into your account, please email us at [memberservices@choicehf.com](mailto:memberservices@choicehf.com). *(Please allow 1-2 business days for a response.)*

## **ONLINE REGISTRATION**

**CHOICE HEALTH & FITNESS IS EXCITED TO OFFER ONLINE REGISTRATION FOR A VARIETY OF OUR CLASSES AND PROGRAMS!**

- Online Registration is available through the Member Service Portal. **TO GET STARTED, VISIT: [CHOICEHF.COM](http://CHOICEHF.COM)**
- Registration instructions and a full list of available programs can be found at [choicehf.com](http://choicehf.com).
- Online Registration is available for the following programs at this time:  
Youth & Adult Fitness, Youth Sports Training, Youth Aquatics,  
Youth Basketball, Youth & Adult Tennis, Youth Racquetball, & Youth Volleyball.



## *New* **MOBILE APP!**

**SEARCH FOR CHOICE HEALTH & FITNESS  
IN THE APP STORE OR GOOGLE PLAY STORE!**

- Load membership scan cards directly into the app for quick & easy check-in after initial ID verification process.
- Keep up-to-date on facility updates
- Receive notifications on programs & events
- Check group exercise schedules

# Winter 2020-21 program guide

**PLEASE NOTE:** Winter program offerings, times, and dates are subject to change.

Choice Health & Fitness is thrilled to offer programs this winter that are adaptable to social distancing regulations. If at anytime the ND Department of Health does not recommend programming, we plan to postpone our programs or issue refunds/credits. We are in this together, Grand Forks!

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# Athletic Development CAMPS & PROGRAMS

IMPROVE YOUR STRENGTH, MOVEMENT, SPEED, ENDURANCE, & TECHNIQUE THROUGH OUR ATHLETIC DEVELOPMENT SESSIONS AND CAMPS. WITH PROGRAMS DESIGNED FOR EVERY AGE, OUR SPORTS PERFORMANCE TRAINERS WILL HELP YOU MAKE THIS SEASON YOUR BEST!

## PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

### HOW TO REGISTER



#### NEW! ONLINE REGISTRATION

Available to members only\*

Register online at [choicehf.com](http://choicehf.com)



Registration Forms available for download online at [choicehf.com](http://choicehf.com) or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

## CORE STRENGTH & AGILITY (AGES 8 - 14)

### WINTER SESSION 1

**30-19**  
NOV. DEC.

**23**  
NOV.

Reg. Deadline  
Late Fee: \$10

REG. OPENS: OCT. 26

### WINTER SESSION 2

**4-30**  
JAN. JAN.

**28**  
DEC.

Reg. Deadline  
Late Fee: \$10

REG. OPENS: NOV. 30

### WINTER SESSION 3

**1-27**  
FEB. FEB.

**25**  
JAN.

Reg. Deadline  
Late Fee: \$10

REG. OPENS: DEC. 28

**Location:** Choice Health & Fitness Personal Training Studio

**Contact Info:** Jared Connell | [sportstraining@choicehf.com](mailto:sportstraining@choicehf.com) | 701.746.2790

**Max Class Capacity:** 8 Athletes

Full-body strengthening using body weight, medicine balls, kettlebells, and cables to develop body awareness and proper technique. Class emphasizes quick feet, change of direction, and core exercises to develop agility, core strength, and body awareness.

### ELEMENTARY | 8-11 YEARS

TRAINER	DAYS	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
Erin	M & W	3:45 - 4:30 pm	\$72 / FT4-32101	\$96 / FT4-32102	\$96 / FT4-32103
Austin	SAT	11:00 - 11:45 am	\$36 / FT4-32301	\$48 / FT4-32302	\$48 / FT4-32303

### MIDDLE SCHOOL | 12-14 YEARS

TRAINER	DAYS	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
Erin	M & W	4:45 - 5:30 pm	\$72 / FT4-32501	\$96 / FT3-32502	\$96 / FT3-32503
Erin	SAT	10:00 - 10:45 am	\$36 / FT4-32701	\$48 / FT3-32702	\$48 / FT3-32703





# *Sport Specific* **TRAINING OPTIONS**

## **TAKE YOUR GAME TO THE *NEXT LEVEL.***

Improve your strength, movement, speed, endurance, and technique through our sport-specific training. Through individualized training tailored for your sport, Choice Health & Fitness' sports performance trainers will help you enhance your game! In-Season, Off-Season, and Pre-Season Training available for individuals, groups, or teams.

## **TRAINING OPTIONS**

- 1 INDIVIDUAL TRAINING  
(PRIVATE)
- 2 GROUP TRAINING  
(SMALL GROUP / TEAM)

## **HOW TO REGISTER**

Set-up a free needs analysis appointment with our sports performance training staff to determine the program(s) that best fits your goals.

**Ph: 701.746.2790**

**Em: [sportstraining@choicehf.com](mailto:sportstraining@choicehf.com)**





# INDIVIDUAL/GROUP TRAINING

## TRAINING AVAILABLE FOR BOTH YOUTH & ADULTS\*



### BASEBALL/SOFTBALL

Improve your performance on the field! Live pitching, batting, and multiple throwing drills.

**Trainer: Austin Jackson**



### DANCE



Improve your dance performance with strength and conditioning created specifically for dancers.

**Trainer: Veronica Lien**



### GOLF

Resistance training to improve your golf swing. Unlock your body to drive the ball farther and straighter.

**Trainer: Jared Connell**



### HOCKEY

Agility and strength training for hockey players offered in and out of hockey season.

**Trainer: Chris Langei**



### TRACK



Track training is offered to any track and field athlete who wants to improve their technique.

**Trainer: Lisa Rollefstad**



### OLYMPIC LIFTING



Fix your flaws, tweak your form, & increase your personal bests.

**Trainer: Austin Jackson**



### FIGURE SKATING

Improve performance on the ice with a strength and conditioning program created specifically for skaters.

**Trainer: Chris Langei**



### SWIMMING

Learn proper form and technique to complement your swimming training. Work on injury prevention, explosive exercise, and increasing body awareness.

**Trainer: Jared Connell**



### SOCCER



Soccer training helps athletes improve strength, speed, quickness, and passing accuracy and consistency.

**Trainer: Erin Morris**



### TENNIS



Improve your performance on the court with strength and conditioning created specifically for tennis athletes.

**Trainer: Jared Connell**



### VOLLEYBALL

Improve your skills on the court with strength and conditioning created specifically for volleyball players.

**Trainer: Austin Jackson**



### FOOTBALL

Improve your performance on the field with strength and conditioning created specifically for football players.

**Trainer: Bryce Blair**



### LACROSSE



Improve your performance on the field with strength and conditioning created specifically for lacrosse players.

**Trainer: Austin Jackson**



# [Youth AQUATICS]

## PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

### HOW TO REGISTER



#### NEW! ONLINE REGISTRATION

Available to members only\*

Register online at [choicehf.com](http://choicehf.com)



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## SESSION DATES

### WINTER SESSION 1

<b>4</b>	<b>30</b>	<b>28</b>
JAN.	JAN.	DEC
Reg. Deadline Late Fee: \$10		

REG. OPENS: DEC. 7

### WINTER SESSION 2

<b>8</b>	<b>6</b>	<b>1</b>
FEB.	MARCH	FEB.
Reg. Deadline Late Fee: \$10		

REG. OPENS: JAN. 11

## PARENT & ME (AGES 9 MONTHS - UNDER 2 YEARS)

Parent & Me provides an introduction to water for parents and children. The class is a fun and safe way to get children comfortable in water. | **Max Class Capacity:** 6 Swimmers

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
WED	6:00 - 6:30 pm	\$46 / \$62 (non-mem)	AQ4-3101	AQ4-3102
SAT	8:30 - 9:00 am	\$46 / \$62 (non-mem)	AQ4-3301	AQ4-3302

## ADVANCED PARENT & ME (2 - 3 YEARS)

Advanced Parent & Me provides fun and safe way to get children comfortable in the water and with basic water safety skills. | **Max Class Capacity:** 4 Swimmers

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
MON	6:00 - 6:30 pm	\$46 / \$62 (non-mem)	AQ4-3501	AQ4-3502

## TINY TOTS SWIMMING (AGES 3 - 4 YEARS)

Tiny Tots Swimming provides an introduction to basic water safety for children. Program offers children a way to get comfortable in water without a parent. | **Max Class Capacity:** 4 Swimmers

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	10:30 - 11:00 am	\$76 / \$116 (non-mem)	AQ4-4101	AQ4-4102
M & W	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ4-4201	AQ4-4202
T & TH	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ4-4501	AQ4-4502
SAT	9:30 - 10:00 am	\$38 / \$58 (non-mem)	AQ4-4701	AQ4-4702

## SWIMMING ACADEMY (AGES 4 YEARS & UP)

Swimming Academy is designed to teach children all levels of swimming, from basic and competitive skills to rescue strokes and water safety.

**Max Class Capacity:** 4 Swimmers



### LEVEL 1 | SUNFISH (BOBS & FLOATS)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	10:30 - 11:00 am	\$76 / \$116 (non-mem)	AQ4-51101	AQ4-51102
M & W	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ4-51201	AQ4-51202
M & W	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ4-51251	AQ4-51252
M & W	5:30 - 6:00 pm	\$76 / \$116 (non-mem)	AQ4-51301	AQ4-51302
T & TH	4:00 - 4:30 pm	\$76 / \$116 (non-mem)	AQ4-51501	AQ4-51502
T & TH	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ4-51551	AQ4-51552
T & TH	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ4-51601	AQ4-51602
SAT	9:00 - 9:30 am	\$38 / \$58 (non-mem)	AQ4-51801	AQ4-51802

### LEVEL 2 | PERCH (KICKS & GLIDES)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ4-52101	AQ4-52102
M & W	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ4-52201	AQ4-52202
M & W	5:30 - 6:00 pm	\$76 / \$116 (non-mem)	AQ4-52251	AQ4-52252
T & TH	4:00 - 4:30 pm	\$76 / \$116 (non-mem)	AQ4-52501	AQ4-52502
T & TH	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ4-52551	AQ4-52552
T & TH	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ4-52601	AQ4-52602
SAT	9:30 - 10:00 am	\$38 / \$58 (non-mem)	AQ4-52801	AQ4-52802

### LEVEL 3 | BASS (FREESTYLE & ELEMENTARY BACKSTROKE)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ4-53101	AQ4-53102
M & W	5:30 - 6:00 pm	\$76 / \$116 (non-mem)	AQ4-53201	AQ4-53202
T & TH	4:00 - 4:30 pm	\$76 / \$116 (non-mem)	AQ4-53501	AQ4-53502
T & TH	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ4-53551	AQ4-53552

### LEVEL 4 | WALLEYE (BACKSTROKE & TREADING)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	6:00 - 6:30 pm	\$76 / \$116 (non-mem)	AQ4-54301	AQ4-54302

### LEVEL 5 | NORTHERN PIKE (BREAST & SIDESTROKE)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	6:00 - 6:30 pm	\$76 / \$116 (non-mem)	AQ4-55301	AQ4-55302

### LEVEL 6 | MUSKIE (BUTTERFLY & MASTER ALL SKILLS)

DAYS	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
M & W	6:00 - 6:30 pm	\$76 / \$116 (non-mem)	AQ4-56301	AQ4-56302





# Youth BASKETBALL

## PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

### HOW TO REGISTER



#### NEW! ONLINE REGISTRATION

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## CHOICE BASKETBALL ACADEMY (GRADES K - 6)

**30-20**  
NOV. FEB.

**23**  
NOV.

Reg. Deadline  
Late Fee: \$10

REG. OPENS: OCT. 26  
NO CLASS: DEC. 21 - JAN. 2

**Location:** Choice Health & Fitness

Basketball Academy is designed to develop the fundamentals of basketball by utilizing skill development sessions with our basketball instructors. Participants will improve their basketball and motor skills while enjoying competitive drills and game-like situations.

**Contact Info:** Tony Peterson & Lisa Rollefstad  
[sports@choicehf.com](mailto:sports@choicehf.com) | 701.746.2790

### GRADES K-1

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
M & W	3:30 - 4:30 pm	\$180	BB4-3110	12 Players
MON	3:30 - 4:30 pm	\$90	BB4-3120	12 Players
WED	3:30 - 4:30 pm	\$90	BB4-3130	12 Players
SAT	8:00 - 9:00 am	\$90	BB4-3140	12 Players

### GRADES 2-3

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
M & W	4:30 - 5:30 pm	\$180	BB4-3210	12 Players
MON	4:30 - 5:30 pm	\$90	BB4-3220	12 Players
WED	4:30 - 5:30 pm	\$90	BB4-3230	12 Players
SAT	9:00 - 10:00 am	\$90	BB4-3240	12 Players

### GRADES 4-6

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
SAT	10:00 - 11:00 am	\$90	BB4-3340	12 Players



## MVP BASKETBALL ACADEMY (GRADES 4 - 7)

**1** + **18**  
DEC. FEB.

**23**  
NOV.

Reg. Deadline  
Late Fee: \$10

REG. OPENS: OCT. 26  
NO CLASS: DEC. 21 - JAN. 2

**Location:** Choice Health & Fitness

MVP Basketball Academy is for players looking to take their game to the next level. Participants will be divided into groups based on skill level. Sessions will consist of 20 minutes of agility and ball-handling, 20 minutes of skill work, and 20 minutes of game play. Participants must be on a traveling team or have completed the Choice Basketball Academy program (Grades 4-5 or 6-7) and received consent from a Choice instructor.

### GRADES 4-5

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
T & TH	3:30 - 4:30 pm	\$200	BB4-4350	12 Players
TUES	3:30 - 4:30 pm	\$100	BB4-4360	12 Players

### GRADES 6-7

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
T & TH	4:30 - 5:30 pm	\$200	BB4-4450	12 Players
TUES	4:30 - 5:30 pm	\$100	BB4-4460	12 Players





# [Youth TENNIS]

## PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

### HOW TO REGISTER



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## TINY TOTS TENNIS (3 - 5 YEARS)

**2**  
DEC.

**13**  
FEB.

**23**  
NOV.

Reg. Deadline  
Late Fee: \$10

**Location:** Choice Tennis Courts

Tiny Tots introduces pre-school aged children to tennis. Parent-child class, so plan to attend to assist your child.

REG. OPENS: OCT. 26

NO CLASS: DEC. 21 - JAN. 2, JAN. 30, FEB. 10

### TINY TOTS TENNIS

AGES	DAYS	TIME	COST	REGISTRATION CODE
3-5	WED	1:10 - 1:55 pm	\$64	TN4-310
3-5	SAT	10:45 - 11:30 am	\$64	TN4-350

## 10 & UNDER TENNIS (5 - 10 YEARS)

**30** NOV. **20** FEB. **23** NOV.  
Reg. Deadline  
Late Fee: \$10

REG. OPENS: OCT. 26  
NO CLASS: DEC. 21 - JAN. 2, JAN. 30

**Location:** Choice Tennis Courts

A progressive approach to tennis success. Class utilizes scaled courts, low-compression balls, & smaller racquets to meet each child's developmental needs.



### 10 & UNDER TENNIS | BEGINNER

AGES	DAYS	TIME	COST	REGISTRATION CODE
5-6	THURS	3:30 - 4:30 pm	\$90	TN4-4110
5-6	SAT	11:30 am -12:30pm	\$81	TN4-4120
7-8	WED	4:00 - 5:00 pm	\$90	TN4-4140
9-10	WED	5:00 - 6:00 pm	\$110	TN4-4170

### 10 & UNDER TENNIS | INTERMEDIATE

AGES	DAYS	TIME	COST	REGISTRATION CODE
5-6	THURS	3:30 - 4:30 pm	\$90	TN4-4210
5-6	SAT	11:30 am -12:30pm	\$81	TN4-4220
7-8	M & W	4:00 - 5:00 pm	\$220	TN4-4240
9-10	M & W	5:00 - 6:00 pm	\$220	TN4-4270

### 10 & UNDER TENNIS | ADVANCED

AGES	DAYS	TIME	COST	REGISTRATION CODE
5-6	T & TH	3:30 - 4:30 pm	\$180	TN4-4310
7-8	M & W	4:00 - 5:00 pm	\$220	TN4-4340
9-10	M & W	5:00 - 6:00 pm	\$220	TN4-4370

## TENNIS ACADEMY (11 - 18 YEARS)

**1** DEC. **18** FEB. **23** NOV.  
Reg. Deadline  
Late Fee: \$10

REG. OPENS: OCT. 26  
NO CLASS: DEC. 21 - JAN. 2

**Location:** Choice Tennis Courts

Designed to develop junior tennis players through a curriculum which promotes a natural progression through skill-based levels.

### TENNIS ACADEMY | BEGINNER

AGES	DAYS	TIME	COST	REGISTRATION CODE
11-14	TUES	6:00 - 7:00 pm	\$110	TN4-5110
11-14	T & TH	6:00 - 7:00 pm	\$220	TN4-5120
15-18	TUES	6:00 - 7:00 pm	\$110	TN4-5150
15-18	T & TH	6:00 - 7:00 pm	\$220	TN4-5160

### TENNIS ACADEMY | INTERMEDIATE

AGES	DAYS	TIME	COST	REGISTRATION CODE
11-14	TUES	4:30 - 5:30 pm	\$110	TN4-5205
11-14	T & TH	4:30 - 5:30 pm	\$220	TN4-5210
15-18	T & TH	7:30 - 9:00 pm	\$320   \$395 (non-mem)	TN4-5250

### TENNIS ACADEMY | ADVANCED

AGES	DAYS	TIME	COST	REGISTRATION CODE
11-14	T & TH	4:30 - 6:00 pm	\$320   \$395 (non-mem)	TN4-5310
15-18	T & TH	7:30 - 9:00 pm	\$320   \$395 (non-mem)	TN4-5350

### TENNIS ACADEMY | ELITE

AGES	DAYS	TIME	COST	REGISTRATION CODE
15-18	T & TH	7:30 - 9:00 pm	\$320   \$395 (non-mem)	TN4-5450

# Adult TENNIS

## PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

### HOW TO REGISTER



#### NEW! ONLINE REGISTRATION

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## ADULT INTRO SERIES (FIRST LESSON IS FREE!)

Location: Choice Tennis Courts

Give tennis a try! Join one of our pros for an adult intro tennis lesson series. Series consists of 1 FREE group lesson followed by 5 one-hour group lessons.

Max Class Capacity: 12 Players

FALL SESSION 2	DATES	COST	REGISTRATION CODE
MON   7:30 - 8:30 pm	Nov. 9, 16, 23, 30, Dec. 7, 14	\$50	TN3-2102
TUES   10:30 - 11:30 am	Nov. 10, 17, 24, Dec. 1, 8, 15	\$50	TN3-2202
WINTER SESSION 1	DATES	COST	REGISTRATION CODE
MON   7:30 - 8:30 pm	Jan. 11, 18, 25, Feb. 1, 8, 15	\$50	TN4-2101
TUES   10:30 - 11:30 am	Jan. 12, 19, 26, Feb. 2, 9, 16	\$50	TN4-2201

## ADULT TENNIS DRILLS

Location: Choice Tennis Courts

(No Pre-registration Required)

COST:

Noon Drill: \$10 (mem) / \$15 (non-mem)

Other Drills: \$13 (mem) / \$20 (non-mem)

Our most popular tennis activity. A pro leads a group of players through a variety of on-court drills. Participants are grouped with players who have similar abilities.

### TENNIS DRILLS NOW AVAILABLE FOR PURCHASE ONLINE!

SAVE TIME & MONEY! PURCHASE DRILLS IN ADVANCE & CHECK IN AT EXPRESS CHECK-IN LANE.



#### PURCHASE TENNIS DRILLS ONLINE AT [CHOICEHF.COM](http://CHOICEHF.COM)

Members can purchase 1 drill or packages of 5, 10 or 20 drills.

Buy a package of 20 drills and SAVE \$20!!

DRILL DAYS	TIMES
MON	9:00 - 10:30 am   6:00 - 7:30 pm
TUES	9:00 - 10:30 am   12:00 - 1:00 pm 6:00 - 7:30 pm
WED	9:00 - 10:30 am   6:00 - 7:30 pm
THURS	9:00 - 10:30 am   12:00 - 1:00 pm 6:00 - 7:30 pm
FRI	10:30 am - 12:00 pm   12:00 - 1:00 pm
SAT	9:00 - 10:30 am
SUN	1:00 - 2:30 pm

# Youth RACQUETBALL

## PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

### HOW TO REGISTER



#### NEW! ONLINE REGISTRATION

Available to members only\*

Register online at [choicehf.com](http://choicehf.com)



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## CHOICE RACQUETBALL ACADEMY (GRADES 4 - 8)



23  
NOV.

Reg. Deadline  
Late Fee: \$10

Location: Choice Racquetball Courts

Designed to develop the fundamentals of racquetball, utilizing skill development sessions with our racquetball instructors.

REG. OPENS: OCT. 26 | NO CLASS: DEC. 21 - JAN. 2

DAY	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
TUES	4:30-5:30 pm	\$80/\$110*	RB4-3620 (with kit: RB4-3620K)	6 Players

\*Cost includes a racquetball starter kit (new racquet, eye wear, and racquetballs)



# Youth VOLLEYBALL

## PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

### HOW TO REGISTER



#### NEW! ONLINE REGISTRATION

Available to members only\*

Register online at [choicehf.com](http://choicehf.com)



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## VOLLEYBALL ACADEMY (GRADES 4 - 8)



**Location:** Choice Health & Fitness Gym

Program designed to develop the basic skills of volleyball through skill development sessions and lessons with volleyball instructors.

REG. OPENS: OCT. 26

NO CLASS: DEC. 21 - JAN. 2

### GRADES 4 - 5

DAYS	TIMES	COST	REGISTRATION CODE	MAX CLASS CAPACITY
TUES & FRI	T: 5:45 - 6:45 pm   F: 3:30 - 4:30 pm	\$180	VB4-3320	14 Players
TUES	5:45 - 6:45 pm	\$90	VB4-3330	14 Players
FRI	3:30 - 4:30 pm	\$90	VB4-3340	14 Players

### GRADES 6 - 8

DAYS	TIMES	COST	REGISTRATION CODE	MAX CLASS CAPACITY
TUES & FRI	T: 6:45 - 7:45 pm   F: 4:30 - 5:30 pm	\$180	VB4-3420	14 Players
TUES	6:45 - 7:45 pm	\$90	VB4-3430	14 Players
FRI	4:30 - 5:30 pm	\$90	VB4-3440	14 Players

# Adult VOLLEYBALL

## LEAGUES OPEN TO MEMBERS & NON-MEMBERS

### HOW TO REGISTER



Registration Forms available for download online

at [choicehf.com](http://choicehf.com) or in-person at Choice Health & Fitness.

Forms and payment can be turned in at Customer Service Desk.

## INDOOR VOLLEYBALL LEAGUE



**Location:** Choice Health & Fitness Gym

**League Cost (+tax): 4-person: \$150 / team | 6-person: \$175 / team**

NO LEAGUE: FEB. 7, MARCH 14 & 18, APRIL 1

Stay active with Indoor Volleyball Leagues! Get a group of friends together and enjoy some friendly competition in one of our weekly leagues. Divisions available for every skill level. Schedules are available approximately a week before the first day of competition.

DAYS	DIVISIONS	GAME TIMES (vary each week)
THURS	Coed 4's, Women's 6's	6:30 pm, 7:30 pm
SUN	Coed 6's (A), Coed 6's (B), Coed 6's (C)	2:30pm, 3:30pm, 4:30pm



ADULT  
FITNESS

Choice Health & Fitness

# GROUP TRAINING

## Adult GROUP TRAINING

**\*MUST BE MEMBER OF CHOICE HEALTH & FITNESS / YMCA**

### HOW TO REGISTER



#### NEW! ONLINE REGISTRATION

Available to members only\*

Register online at [choicehf.com](http://choicehf.com)



Registration Forms available for download online at [choicehf.com](http://choicehf.com) or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

#### WINTER SESSION 1

**30-19**  
NOV. DEC.  
23 NOV.  
Reg. Deadline  
Late Fee: \$10

REG. OPENS: OCT. 26

#### WINTER SESSION 2

**4-30**  
JAN. JAN.  
28 DEC.  
Reg. Deadline  
Late Fee: \$10

REG. OPENS: NOV. 30

#### WINTER SESSION 3

**1-27**  
FEB. FEB.  
25 JAN.  
Reg. Deadline  
Late Fee: \$10

REG. OPENS: DEC. 28

### ULTIMATE CARDIO

**Trainer:** Chris Langei

**Location:** Yoga Room

**Max Class Capacity:** 8

Ultimate Cardio is a 30-minute high intensity cardio workout including: a 5-minute warm-up, 20-minute interval training, and 5-minutes of abdominal and stretching exercises.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & F	5:45 - 6:15 am	\$54 / FT4-41101	\$72 / FT4-41102	\$72 / FT4-41103

*Class Walk-ins Not Permitted*

### INFERNO BOOT CAMP

**Trainer:** Erin Morris

**Location:** ICON

**Max Class Capacity:** 10

Inferno Boot Camp is a 60-minute high intensity full-body workout that utilizes a wide variety of equipment.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	5:45 - 6:45 pm	\$108 / FT4-43101	\$144 / FT4-43102	\$144 / FT4-43103

*Class Walk-ins Not Permitted*

### CHOICE WINTER BOOT CAMP

**Trainer:** Nadia Morneau

**Location:** ICON

**Max Class Capacity:** 10

Choice Boot Camp is a 45-minute intense workout for those committed to training military style.

Boot Camp is led by former Staff Sergeant Morneau.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	9:00 - 9:45 am	\$72 / FT4-43301	\$96 / FT4-43302	\$96 / FT4-43303

*Class Walk-ins Not Permitted*



## MORNING SHRED

**Trainer:** Veronica Lien

**Location:** ICON

**Max Class Capacity:** 10

45-minute intense full body workout for those committed to get it done. Combining intervals of TRX, medballs, cables, kettlebells and bodyweight exercises to get you up and moving for the day.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
T & TH	5:30 - 6:15 am	\$72 / FT4-46201	\$96 / FT4-46202	\$96 / FT4-46203

*Class Walk-ins Not Permitted*

## POWER CORE PILATES

**Trainer:** Veronica Lien

**Location:** Pilates Area

**Max Class Capacity:** 6

Power Core Pilates is a full-body workout that combines the fundamental exercises of Pilates with strength and interval training.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	8:45 - 9:30 am	\$72 / FT4-42201	\$96 / FT4-42202	\$96 / FT4-42203
TUES	5:45 - 6:30 pm	\$36 / FT4-42301	\$48 / FT4-42302	\$48 / FT4-42303
W & F	6:00 - 6:30 am	\$54 / FT4-42401	\$72 / FT4-42402	\$72 / FT4-42403

*Class Walk-ins Not Permitted*

## GROUP CROSS TRAINING

**Trainer:** Erin Morris

**Location:** Personal Training Studio

**Max Class Capacity:** 8

Group Cross Training is a 45-minute full-body TRX suspension training class designed to improve technique, mobility, strength, and power.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	11:00 - 11:45 am	\$72 / FT4-44101	\$96 / FT4-44102	\$96 / FT4-44103
T & TH	9:15 - 10:00 am	\$72 / FT4-44201	\$96 / FT4-44202	\$84 / FT4-44203

*Class Walk-ins Not Permitted*

## FITNESS BOXING

**Trainer:** Nadia Morneau

**Location:** Yoga Studio (M & W) / Personal Training Studio (T & TH)

**Max Class Capacity:** 8

Trainer Nadia Morneau leads a 45-minute full-body workout fusing boxing techniques to improve cardiovascular endurance, create muscle tone, and improve coordination.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	6:45 - 7:30 pm	\$72 / FT4-45101	\$96 / FT4-45102	\$96 / FT4-45103
T & TH	6:00 - 6:45 am	\$72 / FT4-45201	\$96 / FT4-45202	\$84 / FT4-45203

*Class Walk-ins Not Permitted*





YOUTH FITNESS  
& PERSONAL  
TRAINING



# [Youth FITNESS]

**\*MUST BE MEMBER OF CHOICE HEALTH & FITNESS / YMCA**

HOW TO REGISTER



**NEW! ONLINE REGISTRATION**

Available to members only\*

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Registration Forms available for download online at [choicehf.com](http://choicehf.com) or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

## HEALTHY & ACTIVE KIDS (8-14 YEARS)

WINTER SESSION 1

**4-30** **28 DEC.**  
JAN. JAN.

REG. OPENS: NOV. 30

WINTER SESSION 2

**1-27** **25 JAN.**  
FEB. FEB.

REG. OPENS: DEC. 28

**Location:** Choice Kids Zone

**Trainer:** Erin Morris

**Max Class Capacity:** 8

Healthy & Active Kids is a 60-minute class that introduces kids to health and fitness through fun and interactive activities focused on healthy lifestyle choices, nutrition, and movement patterns.

AGES	DAY	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
8 - 14	SAT	11:00 am - 12:00 pm	FREE	FT4-331202	FT4-331203

## FIT KIDS (5-14 YEARS)

WINTER SESSION 1

**4-30** **28 DEC.**  
JAN. JAN. Reg. Deadline  
Late Fee: \$10

REG. OPENS: NOV. 30

WINTER SESSION 2

**1-27** **25 JAN.**  
FEB. FEB. Reg. Deadline  
Late Fee: \$10

REG. OPENS: DEC. 28

**Location:** Choice Kids Zone

**Trainer:** Erin Morris

**Max Class Capacity:** 8

Fit Kids is a 30-minute fitness class that gets kids moving while teaching them body awareness and movement patterns through fun, non-competitive activities.

AGES	DAY	TIME	COST	SESS. 1 CODE	SESS. 2 CODE
5 - 7	TUES	4:30 pm - 5:00 pm	\$48	FT4-332202	FT4-332203
5 - 7	SAT	10:25 am - 10:55 am	\$48	FT4-332602	FT4-332603
8 - 14	TUES	5:05 pm - 5:35 pm	\$48	FT4-333252	FT4-333253
8 - 14	SAT	9:50 am - 10:20 am	\$48	FT4-333602	FT4-333603



# [ Personal TRAINING ]

## PERSONALIZED FITNESS JUST FOR YOU!

We have 15+ trainers here to educate, motivate, and hold you accountable! Whether you're a beginner or an advanced exerciser, youth or senior, we have a trainer that's perfect for you!

Start with your FREE 15-minute consultation. This is a one-on-one goal-setting meeting with a personal trainer. The personal trainer will guide you in the direction you need to meet your personal fitness goals.

FOR MORE INFORMATION, CALL: 701.746.2790  
EMAIL: [PERSONALTRAINING@CHOICEHF.COM](mailto:PERSONALTRAINING@CHOICEHF.COM)

Session	TRAINING RATES   1 PERSON		TRAINING RATES   2 PEOPLE	
	Cert. Personal Trainer	Cert. Master Trainer	Cert. Personal Trainer	Cert. Master Trainer
15 min	\$16.50	\$16.50	\$13.00	\$13.00
30 min	\$27.50	\$33.00	\$21.00	\$27.50
45 min	\$38.50	\$44.00	\$33.00	\$38.50
60 min	\$49.50	\$55.00	\$44.00	\$49.50

Session	TRAINING RATES   3-4 PEOPLE		TRAINING RATES   5+ PEOPLE
	Cert. Personal Trainer	Cert. Master Trainer	Cert. Personal Trainer / Cert. Master Trainer
15 min	\$11.00	\$11.00	\$5.00
30 min	\$19.00	\$22.00	\$9.00
45 min	\$27.50	\$33.00	\$12.00
60 min	\$38.50	\$44.00	\$15.00

OTHER SERVICES	MEMBERS	NON-MEMBERS
Body Comp / Girth & Weight	\$15.00	\$20.00
Submax VO2 / Posture / Gait	\$15.00	\$20.00
Muscle Endurance Battery	\$30.00	\$40.00
Muscular Strength Testing	\$30.00	\$40.00
Flexibility & Vertical	Can be added at no charge to any of the above	





4401 S. 11th Street  
Grand Forks, ND 58201



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