

SPRING 2021 program guide

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

YOUTH/ADULT FITNESS

SPORTS TRAINING

AQUATICS

TENNIS

RACQUETBALL

BASKETBALL

VOLLEYBALL



Y WE'RE YOUR BEST CHOICE

2 GREAT FACILITIES
1 MEMBERSHIP

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

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. (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**
- Registration instructions and a full list of available programs can be found at 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.



Download Our

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

»» SPRING 2021 program guide

PLEASE NOTE: Spring program offerings, times, and dates are subject to change. Choice Health & Fitness is thrilled to offer programs this spring 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



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

SPRING SESSION 1

8 - 3
MARCH - APRIL
1 MAR.
Reg. Deadline
Late Fee: \$10

REG. OPENS: FEB. 1

SPRING SESSION 2

5 - 1
APRIL - MAY
29 MAR.
Reg. Deadline
Late Fee: \$10

REG. OPENS: MARCH 1

SPRING SESSION 3

3 - 29
MAY - MAY
26 APR.
Reg. Deadline
Late Fee: \$10

REG. OPENS: MARCH 29

CORE STRENGTH & AGILITY (AGES 8 - 14)

Location: ICON Performance Enhancement Training Center or Choice HF PT Studio

Max Class Capacity: 10 Athletes

Contact Info: Jared Connell | sportstraining@choicehf.com | 701.746.2790

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 pm - 4:30 pm	\$96 / FT1-32101	\$96 / FT1-32102	\$96 / FT1-32103
Austin	T & TH	3:45 pm - 4:30 pm	\$96 / FT1-32201	\$96 / FT1-32202	\$96 / FT1-32203
Austin	SAT	11:00 am - 11:45 am	\$48 / FT1-32301	\$36 / FT1-32302	\$48 / FT1-32303

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 pm - 5:30 pm	\$96 / FT1-32501	\$96 / FT1-32502	\$96 / FT1-32503
Austin	T & TH	4:45 pm - 5:30 pm	\$96 / FT1-32601	\$96 / FT1-32602	\$96 / FT1-32603
Erin	SAT	10:00 am - 10:45 am	\$48 / FT1-32701	\$36 / FT1-32702	\$48 / FT1-32703

SAVAGE STRENGTH (AGES 12+)

Location: ICON Performance Enhancement Training Center **Max Class Capacity:** 10 Athletes

Contact Info: Bryce Blair | sportstraining@choicehf.com | 701.746.2790

Learn to load proper body angles and muscle activation to create maximal power and explosive potential. **Improve your explosive power!**

TRAINER	DAYS	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
Bryce	T & TH	6:30 am - 7:15 am	\$96 / FT1-32951	\$96 / FT1-32952	\$96 / FT1-32953
Bryce	T & TH	2:00 pm - 2:45 pm	\$96 / FT1-32961	\$96 / FT1-32962	\$96 / FT1-32963



SPORTS
TRAINING



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!

STRENGTH AND CONDITIONING TRAINING GROUPS FORMING NOW!

PRESEASON / IN-SEASON BASEBALL TRAINING

Contact Austin Jackson

SPRING HOCKEY TRAINING

Contact Chris Langei

OFF-SEASON STRENGTH AND CONDITIONING

Basketball | Football | Soccer | Volleyball
Contact Jared Connell

»» 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

INDIVIDUAL/GROUP TRAINING

TRAINING AVAILABLE FOR BOTH YOUTH & ADULTS*



SPORTS
TRAINING



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



BASKETBALL



Improve your performance on the court with strength and conditioning created specifically for basketball players.

Trainer: Bryce Blair



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

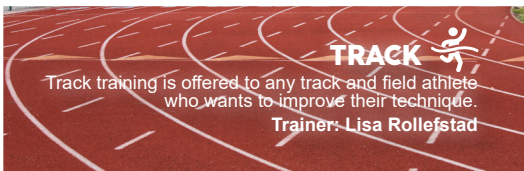


TRACK



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.

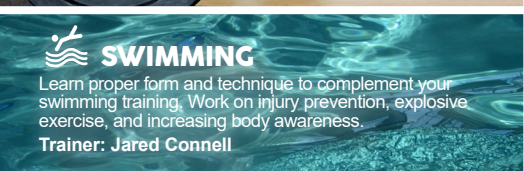
Trainer: Chris Langei



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.

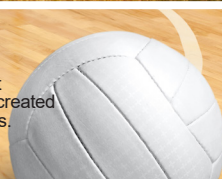
Trainer: Jared Connell



VOLLEYBALL

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

Trainer: Austin Jackson



LACROSSE



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

Trainer: Austin Jackson

FOOTBALL

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

Trainer: Bryce Blair





Youth AQUATICS

PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

HOW TO REGISTER



NEW! ONLINE REGISTRATION

Available to members only*

Register online at choicehf.com



Registration Forms available for download online at

choicehf.com or in-person at Choice Health & Fitness.

Forms can be turned in at Customer Service Desk.

SESSION DATES

SPRING SESSION 1

22-19	15
MARCH	MAR
APRIL	

Reg. Deadline
Late Fee: \$10

REG. OPENS: FEB. 22

NO CLASS: APRIL 3, 5

SPRING SESSION 2

26-20	19
APRIL	MAY
	APR

Reg. Deadline
Late Fee: \$10

REG. OPENS: MARCH 29

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)	AQ1-3101	AQ1-3102
SAT	8:30 - 9:00 am	\$46 / \$62 (non-mem)	<i>No Sat. Class this Session</i>	AQ1-3302

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)	AQ1-3501	AQ1-3502

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)	AQ1-4101	AQ1-4102
M & W	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ1-4201	AQ1-4202
T & TH	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ1-4501	AQ1-4502
SAT	9:30 - 10:00 am	\$38 / \$78 (non-mem)	<i>No Sat. Class this Session</i>	AQ1-4702

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



SWIMMING
LESSONS

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)	AQ1-51101	AQ1-51102
M & W	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ1-51201	AQ1-51202
M & W	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ1-51251	AQ1-51252
M & W	5:30 - 6:00 pm	\$76 / \$116 (non-mem)	AQ1-51301	AQ1-51302
T & TH	4:00 - 4:30 pm	\$76 / \$116 (non-mem)	AQ1-51501	AQ1-51502
T & TH	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ1-51551	AQ1-51552
T & TH	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ1-51601	AQ1-51602
SAT	9:00 - 9:30 am	\$38 / \$58 (non-mem)	<i>No Sat. Class this Session</i>	AQ1-51802

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)	AQ1-52101	AQ1-52102
M & W	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ1-52201	AQ1-52202
M & W	5:30 - 6:00 pm	\$76 / \$116 (non-mem)	AQ1-52251	AQ1-52252
T & TH	4:00 - 4:30 pm	\$76 / \$116 (non-mem)	AQ1-52501	AQ1-52502
T & TH	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ1-52551	AQ1-52552
T & TH	5:00 - 5:30 pm	\$76 / \$116 (non-mem)	AQ1-52601	AQ1-52602
SAT	9:30 - 10:00 am	\$38 / \$58 (non-mem)	<i>No Sat. Class this Session</i>	AQ1-52802

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)	AQ1-53101	AQ1-53102
M & W	5:30 - 6:00 pm	\$76 / \$116 (non-mem)	AQ1-53201	AQ1-53202
T & TH	4:00 - 4:30 pm	\$76 / \$116 (non-mem)	AQ1-53501	AQ1-53502
T & TH	4:30 - 5:00 pm	\$76 / \$116 (non-mem)	AQ1-53551	AQ1-53552

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)	AQ1-54301	AQ1-54302

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)	AQ1-55301	AQ1-55302

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)	AQ1-56301	AQ1-56302



BASKETBALL

YOUTH BASKETBALL >>>

>>> PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

HOW TO REGISTER



NEW! ONLINE REGISTRATION

Available to members only*

Register online at choicehf.com



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

CHOICE BASKETBALL ACADEMY (GRADES K - 6)

1 MARCH

+ 15 MAY

22 FEB.

Reg. Deadline
Late Fee: \$10

REG. OPENS: JAN. 25

NO CLASS: MARCH 15-20, APRIL 3, 5

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 | 701.746.2790

GRADES K-1

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
M & W	3:30 - 4:30 pm	\$171	BB1-3110	12 Players
MON	3:30 - 4:30 pm	\$81	BB1-3120	12 Players
WED	3:30 - 4:30 pm	\$90	BB1-3130	12 Players
SAT	8:00 - 9:00 am	\$80	BB1-3140	12 Players

GRADES 2-3

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
M & W	4:30 - 5:30 pm	\$171	BB1-3210	12 Players
MON	4:30 - 5:30 pm	\$81	BB1-3220	12 Players
WED	4:30 - 5:30 pm	\$90	BB1-3230	12 Players
SAT	9:00 - 10:00 am	\$81	BB1-3240	12 Players

GRADES 4-6

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
SAT	10:00 - 11:00 am	\$81	BB1-3340	12 Players



MVP BASKETBALL ACADEMY (GRADES 4 - 7)

2 + **13**
MARCH MAY

23
FEB

Reg. Deadline
Late Fee: \$10

REG. OPENS: JAN. 26
NO CLASS: MARCH 16 & 18

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	BB1-4350	12 Players
TUES	3:30 - 4:30 pm	\$100	BB1-4360	12 Players

GRADES 6-7

DAYS	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
T & TH	4:30 - 5:30 pm	\$200	BB1-4450	12 Players
TUES	4:30 - 5:30 pm	\$100	BB1-4460	12 Players



Youth TENNIS

PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

HOW TO REGISTER



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TINY TOTS TENNIS (3 - 5 YEARS)

10 MARCH
15 MAY

3 MAR.
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: FEB. 3
NO CLASS: MARCH 27, APRIL 3, MAY 5, 12

TINY TOTS TENNIS

AGES	DAYS	TIME	COST	REGISTRATION CODE
3-5	WED	1:10 - 1:55 pm	\$64	TN1-310
3-5	SAT	10:45 - 11:30 am	\$64	TN1-350

10 & UNDER TENNIS (5 - 10 YEARS)



YOUTH
TENNIS

1 - 15
MARCH MAY
22
FEB
Reg. Deadline
Late Fee: \$10

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.

REG. OPENS: JAN. 26
NO CLASS: MARCH 6, 27, APRIL 3, 5

10 & UNDER TENNIS | BEGINNER

AGES	DAYS	TIME	COST	REGISTRATION CODE
5-6	THURS	3:30 - 4:30 pm	\$99	TN1-4110
5-6	SAT	11:30 am -12:30pm	\$72	TN1-4120
7-8	WED	4:00 - 5:00 pm	\$99	TN1-4140
9-10	WED	5:00 - 6:00 pm	\$121	TN1-4170

10 & UNDER TENNIS | INTERMEDIATE

AGES	DAYS	TIME	COST	REGISTRATION CODE
5-6	THURS	3:30 - 4:30 pm	\$99	TN1-4210
5-6	SAT	11:30 am -12:30pm	\$72	TN1-4220
7-8	M & W	4:00 - 5:00 pm	\$231	TN1-4240
9-10	M & W	5:00 - 6:00 pm	\$231	TN1-4270

10 & UNDER TENNIS | ADVANCED

AGES	DAYS	TIME	COST	REGISTRATION CODE
5-6	T & TH	3:30 - 4:30 pm	\$198	TN1-4310
7-8	M & W	4:00 - 5:00 pm	\$231	TN1-4340
9-10	M & W	5:00 - 6:00 pm	\$231	TN1-4370

TENNIS ACADEMY (11 - 18 YEARS)

2 - 13
MARCH MAY
23
FEB
Reg. Deadline
Late Fee: \$10

Location: Choice Tennis Courts

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

REG. OPENS: JAN. 26

TENNIS ACADEMY | BEGINNER

AGES	DAYS	TIME	COST	REGISTRATION CODE
11-14	TUES	6:00 - 7:00 pm	\$121	TN1-5110
11-14	T & TH	6:00 - 7:00 pm	\$242	TN1-5120
15-18	TUES	6:00 - 7:00 pm	\$121	TN1-5150
15-18	T & TH	6:00 - 7:00 pm	\$242	TN1-5160

TENNIS ACADEMY | INTERMEDIATE

AGES	DAYS	TIME	COST	REGISTRATION CODE
11-14	T & TH	4:30 - 5:30 pm	\$242 \$317 (non-mem)	TN1-5210
15-18	T & TH	7:30 - 9:00 pm	\$352 \$427 (non-mem)	TN1-5250

TENNIS ACADEMY | ADVANCED

AGES	DAYS	TIME	COST	REGISTRATION CODE
11-14	T & TH	4:30 - 6:00 pm	\$320 \$395 (non-mem)	TN1-5310
15-18	T & TH	7:30 - 9:00 pm	\$352 \$427 (non-mem)	TN1-5350

TENNIS ACADEMY | ELITE

AGES	DAYS	TIME	COST	REGISTRATION CODE
15-18	T & TH	7:30 - 9:00 pm	\$352 \$427 (non-mem)	TN1-5450

Adult TENNIS >>>

PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

HOW TO REGISTER



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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

SPRING SESSION 1	DATES	COST	REGISTRATION CODE
MON 7:30 - 8:30 pm	March 1, 8, 15, 22, 29, April 5	\$50	TN1-21011
TUES 10:30 - 11:30 am	March 2, 9, 16, 23, 30, April 6	\$50	TN1-22011
SPRING SESSION 2	DATES	COST	REGISTRATION CODE
MON 7:30 - 8:30 pm	April 12, 19, 26, May 3, 10, 17	\$50	TN1-21012
TUES 10:30 - 11:30 am	April 13, 20, 27, May 4, 11, 18	\$50	TN1-22012

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

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



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CHOICE RACQUETBALL ACADEMY (GRADES 4 - 8)

2 - 13
MARCH MAY

23
FEB

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: JAN. 26 | NO CLASS: MARCH 16 & 18

DAY	TIME	COST	REGISTRATION CODE	MAX CLASS CAPACITY
TUES	4:30-5:30 pm	\$80/\$110*	RB1-3620 (with kit: RB1-3620K)	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



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VOLLEYBALL ACADEMY (GRADES 4 - 8)

2 - 18
MARCH MAY
23
FEB.

Reg. Deadline
Late Fee: \$10

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: JAN. 26

NO CLASS: MARCH 16, 19, APRIL 2, 9

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	\$171	VB1-3320	14 Players
TUES	5:45 - 6:45 pm	\$99	VB1-3330	14 Players
FRI	3:30 - 4:30 pm	\$72	VB1-3340	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	\$171	VB1-3420	14 Players
TUES	6:45 - 7:45 pm	\$99	VB1-3430	14 Players
FRI	4:30 - 5:30 pm	\$72	VB1-3440	14 Players

Adult VOLLEYBALL

LEAGUES OPEN TO MEMBERS & NON-MEMBERS

HOW TO REGISTER



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms and payment can be turned in at Customer Service Desk.

SUMMER SAND VOLLEYBALL LEAGUE

10 - 19
MAY JULY

PLEASE NOTE:
SUMMER VOLLEYBALL LEAGUE
DATES ARE SUBJECT TO CHANGE.

Stay active this summer with Choice Sand Volleyball Leagues! Get a group of friends and coworkers 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.

LEAGUE DETAILS & REGISTRATION INFO
AVAILABLE APRIL 15 ON CHOICEHF.COM



ADULT
FITNESS



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



Registration Forms available for download online at choicehf.com or in-person at Choice Health & Fitness. Forms can be turned in at Customer Service Desk.

SPRING SESSION 1

8	-	3	1
MARCH		APRIL	MAR.
Reg. Deadline Late Fee: \$10			

REG. OPENS: FEB. 1

SPRING SESSION 2

5	-	1	29
APRIL		MAY	MAR.
Reg. Deadline Late Fee: \$10			

REG. OPENS: MARCH 1

SPRING SESSION 3

3	-	29	26
MAY		MAY	APR.
Reg. Deadline Late Fee: \$10			

REG. OPENS: MARCH 29

ULTIMATE CARDIO

Trainer: Chris Langei

Location: PT Studio

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	\$72 / FT1-41101	\$63 / FT1-41102	\$72 / FT1-41103

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	\$144 / FT1-43101	\$144 / FT1-43102	\$144 / FT1-43103

FITNESS BOXING

Trainer: Nadia Morneau

Location: ICON (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	\$96 / FT1-45101	\$96 / FT1-45102	\$96 / FT1-45103
T & TH	5:45 - 6:30 am	\$96 / FT1-45201	\$96 / FT1-45202	\$96 / FT1-45203

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 / FT1-42201	\$96 / FT1-42202	\$96 / FT1-42203
TUES	5:45 - 6:30 pm	\$48 / FT1-42301	\$48 / FT1-42302	\$48 / FT1-42303
W & F	6:00 - 6:30 am	\$72 / FT1-42401	\$63 / FT1-42402	\$72 / FT1-42403

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	\$96 / FT1-46201	\$96 / FT1-46202	\$96 / FT1-46203

TRX BASICS

Trainer: Austin Jackson

Location: ICON

Max Class Capacity: 10

30-minute class introduces participants to the TRX trainer while improving their overall fitness.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
T & TH	5:45 - 6:15 pm	\$72 / FT1-47501	\$72 / FT1-47502	\$72 / FT1-47503

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	\$96 / FT1-44101	\$96 / FT1-44102	\$96 / FT1-44103

REMEDIAL PT TEST TRAINING

Trainer: Nadia Morneau

Location: ICON

Max Class Capacity: 10

Do you feel confident you could pass a military PT test? This 30-minute workout focuses on exercises that support improvement in pullups, pushups, sit-ups & running.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	9:00 - 9:30 am	\$72 / FT1-43701	\$72 / FT1-43702	\$72 / FT1-43703
T & TH	6:30 - 7:00 pm	\$72 / FT1-43721	\$72 / FT1-43722	\$72 / FT1-43723

INTRO TO STRENGTH & MOBILITY

Trainer: Erin Morris

Location: Personal Training Studio

Max Class Capacity: 8

45-Minute class uses basic movement patterns to build strength and gain mobility.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	9:15 - 10:00 am	\$96 / FT1-40101	\$96 / FT1-40102	\$96 / FT1-40103

SENIOR INTRO TO STRENGTH & MOBILITY

Trainer: Erin Morris

Location: Personal Training Studio

Max Class Capacity: 8

30-Minute class using basic movement patterns to build strength and gain mobility geared for senior population.

DAY	TIME	SESS. 1 COST / CODE	SESS. 2 COST / CODE	SESS. 3 COST / CODE
M & W	10:15 - 10:45 am	\$72 / FT1-80101	\$72 / FT1-80102	\$72 / FT1-80103

ADULT STRENGTH TRAINING GROUPS ARE FORMING NOW!

Having someone to workout alongside you can push you a little harder than you might on your own. Get variety, fun, motivation, and consistency. Contact Austin Jackson or Bryce Blair for more information or to form a group.

AUSTIN JACKSON (AJACKSON.CHOICEHF@GMAIL.COM) | BRYCE BLAIR (BBLAIR.CHOICEHF@GMAIL.COM)

MARCH MANIA

2 - 8
MARCH - APRIL

Trainer: Nadia Morneau
Find your inner athlete this spring with March Mania!

A 6-week training program consisting of two 45-minute workouts a week!

VISIT CHOICEHF.COM FOR PROGRAM DETAILS!

SUMMER SHRED BOOT CAMP

27 - 17
APRIL - JUNE

Trainer: Veronica Lien
8-week challenge for those looking to get in shape and tone up. Participants commit to a week training which includes an intense boot camp group training session each week and individual daily orders.

VISIT CHOICEHF.COM FOR PROGRAM DETAILS!



YOUTH FITNESS
& PERSONAL
TRAINING



Youth FITNESS

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

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HEALTHY & ACTIVE KIDS (8-14 YEARS)

SPRING SESSION 1

8-3
MARCH APRIL
1 MAR.

REG. OPENS: FEB. 1

SPRING SESSION 2

5-1
APRIL MAY
29 MAR.

REG. OPENS: MARCH 1

SPRING SESSION 3

3-29
MAY MAY
26 APR.

REG. OPENS: MARCH 29

Location: 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	SESS. 3 CODE
8 - 14	SAT	11:00 am - 12:00 pm	FREE	FT1-331201	FT1-331202	FT1-331203

FIT KIDS (5-14 YEARS)

SPRING SESSION 1

8-3
MARCH APRIL
1 MAR.
Reg. Deadline
Late Fee: \$10

REG. OPENS: FEB. 1

SPRING SESSION 2

5-1
APRIL MAY
29 MAR.
Reg. Deadline
Late Fee: \$10

REG. OPENS: MARCH 1

SPRING SESSION 3

3-29
MAY MAY
26 APR.
Reg. Deadline
Late Fee: \$10

REG. OPENS: MARCH 29

Location: 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	SESS. 1 COST/CODE	SESS. 2 COST/CODE	SESS. 3 COST/CODE
5 - 7	TUES	4:30 pm - 5:00 pm	\$48 / FT1-332201	\$48 / FT1-332202	\$48 / FT1-332203
5 - 7	SAT	9:25 am - 9:55 am	\$48 / FT1-332601	\$36 / FT1-332602	\$48 / FT1-332603
8 - 14	TUES	5:05 pm - 5:35 pm	\$48 / FT1-333251	\$48 / FT1-333252	\$48 / FT1-333253
8 - 14	SAT	8:50 am - 9:20 am	\$48 / FT1-333601	\$36 / FT1-333602	\$48 / FT1-333603

Personal TRAINING

{ TRAINING AVAILABLE IN-PERSON OR VIRTUALLY! }

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

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	





CHOICE HEALTH & FITNESS

4401 S. 11th Street
Grand Forks, ND 58201



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