



2021 summer program guide

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

 **CHOICE**
HEALTH & FITNESS

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

SUMMER 2021 program guide

NOTE: Summer program offerings, times, and dates are subject to change. Choice Health & Fitness is thrilled to offer programs this summer 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!

INSIDE THE SUMMER GUIDE

| | |
|-------|----------------------------------------------------------------------------------------------------|
| 1 | MEMBER SERVICES AT CHOICE! Member Service Portal, Online Registration, Choice Mobile App |
| 3-4 | SPORTS TRAINING Youth Multi-Sport Athletic Development |
| 5-6 | SPORTS TRAINING Youth & Adult Sport-Specific Athletic Development |
| 7-8 | YOUTH AQUATICS Parent & Me, Tiny Tots Swimming, Swimming Academy |
| 9-10 | YOUTH BASKETBALL Choice Basketball Academy, MVP Basketball Academy |
| 11-12 | YOUTH TENNIS Tiny Tots Tennis, 10 & Under Tennis, Choice Tennis Academy |
| 13 | ADULT TENNIS Intro Tennis Lessons, Tennis Drills |
| 13 | RACQUETBALL Youth & Adult Choice Racquetball Academy, Racquetball Leagues |
| 14 | VOLLEYBALL Youth & Adult Volleyball Academy, Volleyball Leagues |
| 15-16 | ADULT FITNESS Fee Based Fitness Classes, Group Training, Boot Camps |
| 17 | YOUTH FITNESS Healthy & Active Kids, Fit Kids |
| 18 | PERSONAL TRAINING Personal Training Rates & Contact Information |



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.

SESSION 1

7-3
JUNE JULY
31 MAY
Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 12

SESSION 2

12-7
JULY AUGUST
5 JULY
Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 7

SESSION 3

9-4
AUGUST SEPT.
2 AUG.
Reg. Deadline
Late Fee: \$10

REG. OPENS: JULY 5

CORE STRENGTH & AGILITY (AGES 8 - 14)

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

Contact Info: Chris Langei | 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 |
|---------|--------|---------------------|---------------------|---------------------|---------------------|
| Austin | M & W | 11:15 am - 12:00 pm | \$96 / FT2-32051 | \$96 / FT2-32052 | \$96 / FT2-32053 |
| Erin | M & W | 3:45 pm - 4:30 pm | \$96 / FT2-32101 | \$96 / FT2-32102 | \$96 / FT2-32103 |
| Austin | T & TH | 11:15 am - 12:00 pm | \$96 / FT2-32151 | \$96 / FT2-32152 | \$96 / FT2-32153 |

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 / FT2-32501 | \$96 / FT2-32502 | \$96 / FT2-32503 |
| Erin | SAT | 10:00 am - 10:45 am | \$36 / FT2-32701 | \$36 / FT2-32702 | \$36 / FT2-32703 |



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
ajackson.choicehf@gmail.com

SUMMER HOCKEY TRAINING

Contact: Chris Langei | clangei@choicehf.com

OFF-SEASON STRENGTH AND CONDITIONING

Basketball | Football | Soccer | Volleyball
Contact: Jared Connell | jconnell@choicehf.com

»»» **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.

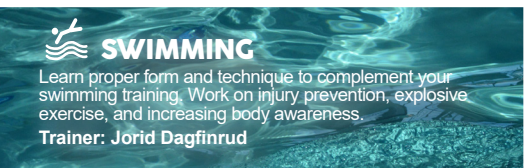
Trainer: Chris Langei



SWIMMING

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

Trainer: Jorid Dagfinrud



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.

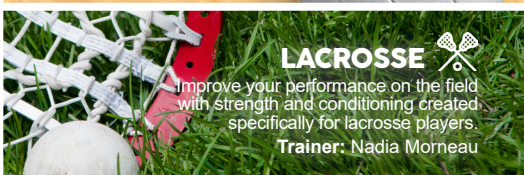
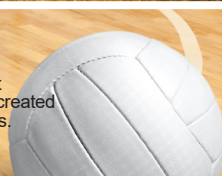
Trainer: Jared Connell



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: Nadia Morneau

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

SESSION 1

| | | |
|------------------|------------------|-----------------------------------------------------|
| 7 JUNE | 1 JULY | 31 MAY Reg. Deadline Late Fee: \$10 |
|------------------|------------------|-----------------------------------------------------|

REG. OPENS: APRIL 12

SESSION 2

| | | |
|------------------|--------------------|------------------------------------------------------|
| 6 JULY | 2 AUGUST | 29 JUNE Reg. Deadline Late Fee: \$10 |
|------------------|--------------------|------------------------------------------------------|

REG. OPENS: JUNE 15

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) | AQ2-3101 | AQ2-3102 |

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) | AQ2-3501 | AQ2-3502 |

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 | 9:30 - 10:00 am | \$76 / \$116 (non-mem) | AQ2-4451 | AQ2-4452 |
| T & TH | 5:30 - 6:00 pm | \$76 / \$116 (non-mem) | AQ2-4511 | AQ2-4512 |



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 | 9:30 - 10:00 am | \$76 / \$116 (non-mem) | AQ2-51051 | AQ2-51052 |
| M & W | 4:30 - 5:00 pm | \$76 / \$116 (non-mem) | AQ2-51201 | AQ2-51202 |
| M & W | 5:00 - 5:30 pm | \$76 / \$116 (non-mem) | AQ2-51251 | AQ2-51252 |
| M & W | 5:30 - 6:00 pm | \$76 / \$116 (non-mem) | AQ2-51301 | AQ2-51302 |
| T & TH | 4:30 - 5:00 pm | \$76 / \$116 (non-mem) | AQ2-51551 | AQ2-51552 |

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) | AQ2-52101 | AQ2-52102 |
| M & W | 5:00 - 5:30 pm | \$76 / \$116 (non-mem) | AQ2-52201 | AQ2-52202 |
| M & W | 5:30 - 6:00 pm | \$76 / \$116 (non-mem) | AQ2-52251 | AQ2-52252 |
| T & TH | 4:30 - 5:00 pm | \$76 / \$116 (non-mem) | AQ2-52551 | AQ2-52552 |

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) | AQ2-53101 | AQ2-53102 |
| M & W | 5:00 - 5:30 pm | \$76 / \$116 (non-mem) | AQ2-53151 | AQ2-53152 |
| M & W | 5:30 - 6:00 pm | \$76 / \$116 (non-mem) | AQ2-53201 | AQ2-53202 |
| T & TH | 4:30 - 5:00 pm | \$76 / \$116 (non-mem) | AQ2-53551 | AQ2-53552 |

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) | AQ2-54301 | AQ2-54302 |
| T & TH | 5:00 - 5:30 pm | \$76 / \$116 (non-mem) | AQ2-54501 | AQ2-54502 |

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) | AQ2-55301 | AQ2-55302 |
| T & TH | 5:00 - 5:30 pm | \$76 / \$116 (non-mem) | AQ2-55501 | AQ2-55502 |

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) | AQ2-56301 | AQ2-56302 |
| T & TH | 5:00 - 5:30 pm | \$76 / \$116 (non-mem) | AQ2-56501 | AQ2-56502 |



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)

7 + **16**
JUNE AUGUST

31
MAY

Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 12
NO CLASS: JULY 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 | 9:00 - 10:00 am | \$180 | BB2-3105 | 12 Players |
| MON | 9:00 - 10:00 am | \$90 | BB2-3115 | 12 Players |
| WED | 9:00 - 10:00 am | \$90 | BB2-3125 | 12 Players |
| T & TH | 9:00 - 10:00 am | \$180 | BB2-3135 | 12 Players |
| TUES | 9:00 - 10:00 am | \$90 | BB2-3140 | 12 Players |
| THURS | 9:00 - 10:00 am | \$90 | BB2-3145 | 12 Players |

GRADES 2-3

| DAYS | TIME | COST | REGISTRATION CODE | MAX CLASS CAPACITY |
|--------|------------------|-------|-------------------|--------------------|
| M & W | 10:00 - 11:00 am | \$180 | BB2-3205 | 16 Players |
| MON | 10:00 - 11:00 am | \$90 | BB2-3215 | 16 Players |
| WED | 10:00 - 11:00 am | \$90 | BB2-3225 | 16 Players |
| T & TH | 9:00 - 10:00 am | \$180 | BB2-3235 | 16 Players |
| TUES | 9:00 - 10:00 am | \$90 | BB2-3240 | 16 Players |
| THURS | 9:00 - 10:00 am | \$90 | BB2-3245 | 16 Players |

GRADES 4-6

| DAYS | TIME | COST | REGISTRATION CODE | MAX CLASS CAPACITY |
|-------|------------------|-------|-------------------|--------------------|
| M & W | 11:00 - 12:00 am | \$180 | BB2-3305 | 16 Players |
| MON | 11:00 - 12:00 am | \$90 | BB2-3315 | 16 Players |
| WED | 11:00 - 12:00 am | \$90 | BB2-3325 | 16 Players |



MVP BASKETBALL ACADEMY (GRADES 4 - 8)

8 + **12** **31**
 JUNE AUGUST MAY
 Reg. Deadline
 Late Fee: \$10

REG. OPENS: APRIL 12

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 min of agility and ball-handling, 20 min of skill work, and 20 min of game play. Participants must be on a traveling team or have completed Choice Basketball Academy program (Grades 4-5 or 6-8) and received consent from a Choice instructor.

| GROUP | DAYS | TIME | COST | REGISTRATION CODE | MAX CAPACITY |
|--------------------|--------|---------------------|-------|-------------------|--------------|
| Girls Grades 4-8 | T & TH | 10:00 am - 11:00 am | \$200 | BB2-4355 | 16 Players |
| Boys Grades 4-8 | T & TH | 11:00 am - 12:00 pm | \$200 | BB2-4455 | 16 Players |

YOUTH 3-ON-3 BASKETBALL LEAGUE (GRADES 4 - 12)

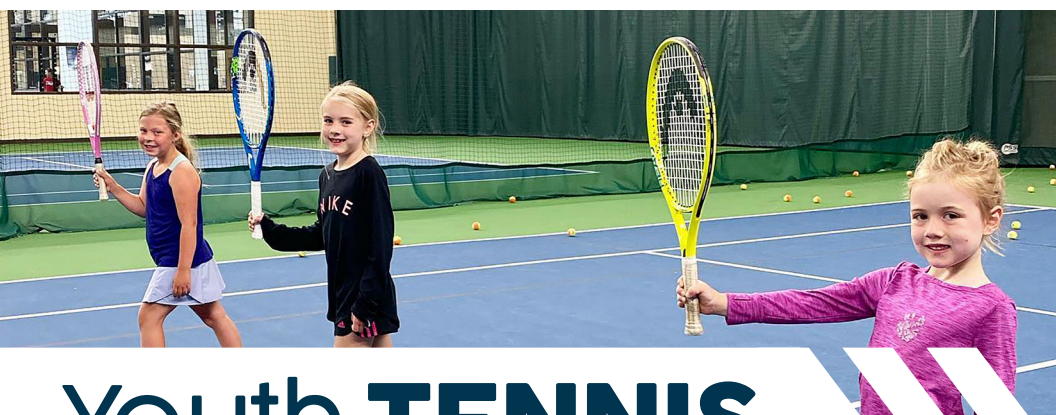
9 + **29** **2**
 JUNE JULY JUNE
 Reg. Deadline
 Late Fee: \$10

REG. OPENS: APRIL 12

How to Register: Register in-person at Choice Health & Fitness
Location: Choice Health & Fitness

Stay competitive and in game shape this summer with youth basketball leagues. Get a group of friends together and register a team today!
(League times will be determined by the number of teams registered)

| GROUP | DAYS | TIME | COST |
|---------------------|------|---------------------|----------------|
| Girls Grades 4-12 | WED | Evenings - Time TBD | \$180 per team |
| Boys Grades 4-12 | WED | Evenings - Time TBD | \$180 per team |



Youth TENNIS

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.

TINY TOTS TENNIS (3 - 5 YEARS)

9 - **29** **31**
JUNE JULY MAY
Reg. Deadline
Late Fee: \$10
REG. OPENS: APRIL 12

Location: Choice Tennis Courts

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

| AGES | DAYS | TIME | COST | REGISTRATION CODE |
|------|-------|------------------|------|-------------------|
| 3-5 | WED | 12:10 - 12:50 pm | \$64 | TN2-309 |
| 3-5 | THURS | 9:40 - 10:25 am | \$64 | TN2-330 |

JUNIOR TEAM TENNIS (11-18 YEARS)

14 - **9** **7**
JUNE AUGUST JUNE
Reg. Deadline
Late Fee: \$10
REG. OPENS: APRIL 19
NO CLASS: JULY 5

Location: Choice Outdoor Tennis Courts

League where junior tennis players compete as a team against other players of similar age & ability level. Coed teams are assigned by the Choice tennis staff and consist of at least 6 players (3 boys & 3 girls).

| AGES | DAYS | TIME | COST | REGISTRATION CODE |
|-------|------|----------------|------|-------------------|
| 11-14 | WED | 4:00 - 6:00 pm | \$90 | TN2-730 |
| 15-18 | MON | 4:00 - 6:00 pm | \$90 | TN2-750 |

TENNIS CAMP

5 - **7** **26**
AUGUST AUGUST JULY
Reg. Deadline
Late Fee: \$10

Location: Choice Tennis Courts

Camp Cost: \$195

How to Register: In-Person at Choice HF or by Mail

Concentrated group of lessons covering a variety of grips, strokes, and strategies, which are time tested and proven to develop players. Camp is divided into sessions covering primary strokes and techniques which are then reinforced with drills in a fun & informative atmosphere.

10 & UNDER TENNIS (5 - 10 YEARS)

7 - **18**
JUNE - AUGUST

31
MAY

Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 12
NO CLASS: JULY 5

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.



YOUTH
TENNIS

10 & UNDER TENNIS | BEGINNER

| AGES | DAYS | TIME | COST | REGISTRATION CODE |
|------|------|----------------|-------|-------------------|
| 5-6 | MON | 1:00 - 2:00 pm | \$90 | TN2-4102 |
| 5-6 | WED | 1:00 - 2:00 pm | \$99 | TN2-4106 |
| 7-8 | MON | 2:00 - 3:00 pm | \$90 | TN2-4133 |
| 7-8 | WED | 2:00 - 3:00 pm | \$99 | TN2-4138 |
| 9-10 | MON | 3:00 - 4:00 pm | \$110 | TN2-4165 |
| 9-10 | WED | 3:00 - 4:00 pm | \$110 | TN2-4168 |

10 & UNDER TENNIS | INTERMEDIATE

| AGES | DAYS | TIME | COST | REGISTRATION CODE |
|------|-------|----------------|-------|-------------------|
| 5-6 | MON | 1:00 - 2:00 pm | \$90 | TN2-4202 |
| 5-6 | WED | 1:00 - 2:00 pm | \$99 | TN2-4206 |
| 7-8 | M & W | 2:00 - 3:00 pm | \$231 | TN2-4238 |
| 9-10 | M & W | 3:00 - 4:00 pm | \$231 | TN2-4268 |

10 & UNDER TENNIS | ADVANCED

| AGES | DAYS | TIME | COST | REGISTRATION CODE |
|------|-------|----------------|-------|-------------------|
| 5-6 | M & W | 1:00 - 2:00 pm | \$189 | TN2-4305 |
| 7-8 | M & W | 2:00 - 3:00 pm | \$231 | TN2-4338 |
| 9-10 | M & W | 3:00 - 4:00 pm | \$231 | TN2-4368 |

TENNIS ACADEMY (11 - 18 YEARS)

8 - **17**
JUNE - AUGUST

31
MAY

Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 12

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 | T & TH | 1:00 - 2:00 pm | \$231 | TN2-5105 |
| 11-14 | TUES | 1:00 - 2:00 pm | \$121 | TN2-5115 |
| 15-18 | T & TH | 1:00 - 2:00 pm | \$231 | TN2-5145 |
| 15-18 | TUES | 1:00 - 2:00 pm | \$121 | TN2-5155 |

TENNIS ACADEMY | INTERMEDIATE

| AGES | DAYS | TIME | COST | REGISTRATION CODE |
|-------|--------|------------------|-------------------------|-------------------|
| 11-14 | T & TH | 10:30 - 11:30 am | \$231 \$306 (non-mem) | TN2-5205 |
| 15-18 | T & TH | 2:00 - 3:30 pm | \$336 \$411 (non-mem) | TN2-5245 |

TENNIS ACADEMY | ADVANCED

| AGES | DAYS | TIME | COST | REGISTRATION CODE |
|-------|--------|---------------------|-------------------------|-------------------|
| 11-14 | T & TH | 10:30 am - 12:00 pm | \$336 \$306 (non-mem) | TN2-5305 |
| 15-18 | T & TH | 2:00 - 3:30 pm | \$336 \$411 (non-mem) | TN2-5345 |

TENNIS ACADEMY | ELITE

| AGES | DAYS | TIME | COST | REGISTRATION CODE |
|-------|--------|----------------|-------------------------|-------------------|
| 15-18 | T & TH | 2:00 - 3:30 pm | \$336 \$411 (non-mem) | TN2-5445 |

Adult TENNIS

PROGRAMS OPEN TO MEMBERS & NON-MEMBERS

ADULT INTRO SERIES (FIRST LESSON IS FREE!)

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.

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.

Location: Choice Tennis Courts

Max Class Capacity: 12 Players

| SUMMER SESSION | DATES | COST | REGISTRATION CODE |
|-------------------------|---------------------------------|------|-------------------|
| MON 7:30 - 8:30 pm | June 7, 14, 21, 28, July 12, 19 | \$50 | TN2-2101 |
| TUES 10:30 - 11:30 am | June 8, 15, 22, 29, July 13, 20 | \$50 | TN2-2201 |

SUMMER LEAGUES (18+ YEARS)

14 - 23
JUNE AUGUST
7
JUNE
Reg. Deadline
Late Fee: \$10

NO LEAGUE: JULY 5

| SUMMER LEAGUES | DAYS | COST | TIMES |
|-----------------------------|-------|----------|----------------|
| Singles (4.5-5.0) | MON | \$60+tax | 6:30 - 8:00 pm |
| Doubles (2.5-3.0 & 3.5-4.0) | THURS | \$40+tax | 6:30 - 8:00 pm |

How to Register: Register In-Person at Choice H&F | Forms available at choicehf.com
Hit the tennis courts in some friendly competition. Leagues available for all skill levels!

RACQUETBALL

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.

YOUTH RACQUETBALL ACADEMY (GRADES 4 - 8)

8 - 12
JUNE AUGUST
31
MAY
Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 12

Location: Choice Racquetball Courts

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

| DAY | TIME | COST | REGISTRATION CODE | MAX CLASS CAPACITY |
|--------|--------------|--------------|--------------------------------|--------------------|
| T & TH | 4:30-5:30 pm | \$160/\$190* | RB2-3615 (with kit: RB2-3615K) | 6 Players |
| TUES | 4:30-5:30 pm | \$80/\$110* | RB2-3620 (with kit: RB2-3620K) | 6 Players |

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

ADULT RACQUETBALL LEAGUES

7 - 16
JUNE AUGUST
31
MAY
Reg. Deadline
Late Fee: \$10

Location: Choice Health & Fitness | **Cost:** \$16.09 / league

How to Register: Register In-Person at Choice H&F
Forms available for download at choicehf.com

Keep your racquetball game up to speed this summer with our popular adult leagues!

| DAY | TIME / DIVISION |
|-------|-----------------------------------------------------------|
| MON | 6:00 pm (A/B) 7:00 pm (A/B) 8:00 pm (C/D) |
| TUES | 5:30 pm (Open) 6:30 pm (Open Doubles) 7:30 pm (Open) |
| WED | 6:00 pm (C/D) 7:00 pm (A/B) 8:00 pm (Women A) |
| THURS | 5:30 pm (B/C Doubles) 6:30 pm (B/C) 7:30 pm (Women B) |



VOLLEYBALL

PROGRAMS OPEN TO MEMBERS & NON-MEMBERS



TENNIS
RACQUETBALL
VOLLEYBALL

YOUTH VOLLEYBALL ACADEMY (GRADES 4 - 12)

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.

7 + **16**
JUNE AUGUST

31
MAY

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: APRIL 12 | NO CLASS: JULY 5

| GROUP | DAYS | TIMES | COST | REGISTRATION CODE | MAX CLASS CAPACITY |
|---------------|--------|----------------|-------|-------------------|--------------------|
| Grades 4 - 5 | M & W | 1:00 - 2:00 pm | \$180 | VB2-3315 | 14 Players |
| Grades 4 - 5 | M only | 1:00 - 2:00 pm | \$90 | VB2-3325 | 14 Players |
| Grades 4 - 5 | W only | 1:00 - 2:00 pm | \$90 | VB2-3335 | 14 Players |
| Grades 6 - 8 | M & W | 2:00 - 3:00 pm | \$180 | VB2-3415 | 14 Players |
| Grades 6 - 8 | M only | 2:00 - 3:00 pm | \$90 | VB2-3425 | 14 Players |
| Grades 6 - 8 | W only | 2:00 - 3:00 pm | \$90 | VB2-3435 | 14 Players |
| Grades 9 - 12 | M & W | 3:00 - 4:00 pm | \$180 | VB2-3515 | 14 Players |
| Grades 9 - 12 | M only | 3:00 - 4:00 pm | \$90 | VB2-3525 | 14 Players |
| Grades 9 - 12 | W only | 3:00 - 4:00 pm | \$90 | VB2-3535 | 14 Players |

YOUTH SAND VOLLEYBALL LEAGUES (GRADES 7 - 12)

7 + **26**
JUNE JULY

31
MAY

Reg. Deadline
Late Fee: \$10

Location: Bringewatt Park (2205 24th Ave. S.)

How to Register: Register In-Person at Choice H&F Forms available for download at choicehf.com

REG. OPENS: MAY 3 | NO LEAGUE: JULY 5

Summer sand volleyball leagues for grades 7 - 12! Schedules are available approximately a week before the first day of competition.

| GROUP | DAYS | TIMES | COST |
|---------------|------|----------------|-------|
| Grades 7 - 12 | MON | 5:00 - 6:00 pm | \$100 |

ADULT SAND VOLLEYBALL LEAGUES

(PRESENTED BY BUFFALO WILD WINGS)

10 + **19**
MAY JULY

26
APRIL

Reg. Deadline
Late Fee: \$10

Location: Bringewatt Park (2205 24th Ave. S.)

How to Register: Register In-Person at Choice H&F Forms available for download at choicehf.com

NO LEAGUE: MAY 31, JULY 5-8

Game Times: 6:10pm, 7:15pm, 8:20 pm

Cost: 2-person: \$64+tax / team | **4-person:** \$128+tax / team | **6-person:** \$192+tax / team

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 available approximately a week before the first day of competition.

| DAY | DIVISIONS |
|-------|-------------------------------------------|
| MON | 2-Person Men's 4 Women's 4 Coed 6 C |
| TUES | Coed 4 (A or B) Women's 6 |
| WED | Coed 6 (A, B, or C) |
| THURS | Coed 6 (B or C) |



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.

SESSION 1

| | | |
|------------------|------------------|-----------------------------------------------------|
| 7 JUNE | 3 JULY | 31 MAY Reg. Deadline Late Fee: \$10 |
|------------------|------------------|-----------------------------------------------------|

REG. OPENS: APRIL 12

SESSION 2

| | | |
|-------------------|--------------------|-----------------------------------------------------|
| 12 JULY | 7 AUGUST | 5 JULY Reg. Deadline Late Fee: \$10 |
|-------------------|--------------------|-----------------------------------------------------|

REG. OPENS: JUNE 7

SESSION 3

| | | |
|--------------------|-------------------|-----------------------------------------------------|
| 9 AUGUST | 4 SEPT. | 2 AUG. Reg. Deadline Late Fee: \$10 |
|--------------------|-------------------|-----------------------------------------------------|

REG. OPENS: JULY 5

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 / FT2-41101 | \$72 / FT2-41102 | \$72 / FT2-41103 |

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 / FT2-43101 | \$144 / FT2-43102 | \$144 / FT2-43103 |

FITNESS BOXING

Trainer: Nadia Morneau

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

Max Class Capacity: 8

Fitness Boxing is 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 / FT2-45101 | \$96 / FT2-45102 | \$96 / FT2-45103 |
| T & TH | 5:45 - 6:30 am | \$96 / FT2-45201 | \$96 / FT2-45202 | \$96 / FT2-45203 |

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 | \$96 / FT2-42201 | \$96 / FT2-42202 | \$96 / FT2-42203 |
| W & F | 6:00 - 6:30 am | \$72 / FT2-42301 | \$72 / FT2-42302 | \$72 / FT2-42303 |

RUCKING

Trainer: Nadia Morneau

Location: ICON

Max Class Capacity: 16

45-minute walking/hiking class while wearing a weighted vest or backpack with added weight to increase strength and endurance. Participants should bring their own backpack.

| DAY | TIME | SESS. 1 COST / CODE | SESS. 2 COST / CODE | SESS. 3 COST / CODE |
|-----|----------------|---------------------|---------------------|---------------------|
| MON | 7:00 - 7:45 pm | \$60 / FT2-43811 | \$60 / FT2-43812 | \$60 / FT2-43813 |
| WED | 6:00 - 6:45 am | \$60 / FT2-43841 | \$60 / FT2-43842 | \$60 / FT2-43843 |

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 / FT2-44101 | \$96 / FT2-44102 | \$96 / FT2-44103 |

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 |
|--------|----------------|---------------------|---------------------|---------------------|
| T & TH | 6:30 - 7:00 pm | \$72 / FT2-43721 | \$72 / FT2-43722 | \$72 / FT2-43723 |

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 / FT2-40101 | \$96 / FT2-40102 | \$96 / FT2-40103 |

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 | 10:00-10:45 am | \$72 / FT2-80101 | \$72 / FT2-80102 | \$72 / FT2-80103 |

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)

SUMMER SHRED BOOT CAMP

27-17
APRIL JUNE

Trainer: Veronica Lien

Summer boot camp challenge for those looking to get in shape and tone up.

Participants commit to a weekly boot camp which includes an intense group training session and individual daily orders from a "drill sergeant" to be completed individually by participants.

VISIT CHOICEHF.COM FOR PROGRAM DETAILS!



YOUTH FITNESS
& PERSONAL
TRAINING



Youth FITNESS

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

HOW TO REGISTER



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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.

HEALTHY & ACTIVE KIDS (8-14 YEARS)

SESSION 1

7-3
JUNE JULY

31
MAY

REG. OPENS: APRIL 12

SESSION 2

12-7
JULY AUGUST

5
JULY

REG. OPENS: JUNE 7

SESSION 3

9-4
AUGUST SEPT.

2
AUG.

REG. OPENS: JULY 5

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 | FT2-331201 | FT2-331202 | FT2-331203 |

FIT KIDS (5-14 YEARS)

SESSION 1

7-3
JUNE JULY

31
MAY

Reg. Deadline
Late Fee: \$10

REG. OPENS: APRIL 12

SESSION 2

12-7
JULY AUGUST

5
JULY

Reg. Deadline
Late Fee: \$10

REG. OPENS: JUNE 7

SESSION 3

9-4
AUGUST SEPT.

2
AUG.

Reg. Deadline
Late Fee: \$10

REG. OPENS: JULY 5

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 / FT2-332201 | \$48 / FT2-332202 | \$48 / FT2-332203 |
| 5 - 7 | SAT | 9:25 am - 9:55 am | \$36 / FT2-332601 | \$48 / FT2-332602 | \$48 / FT2-332603 |
| 8 - 14 | TUES | 5:05 pm - 5:35 pm | \$48 / FT2-333251 | \$48 / FT2-333252 | \$48 / FT2-333253 |
| 8 - 14 | SAT | 8:50 am - 9:20 am | \$36 / FT2-333601 | \$48 / FT2-333602 | \$48 / FT2-333603 |

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 INDOOR/OUTDOOR TRIATHLON

24
APRIL

SATURDAY | APRIL 24, 2021

TIME: 8:00 am - 12:00 pm

LOCATION: Choice Health & Fitness
and South East Parking Lot

ENTRY FEE: \$50 for Choice Health & Fitness members
\$60 for non-members

DISTANCES:

500 yds (20 lengths in pool) | 14 mile bike | 5K run

Join us for the Annual Choice Indoor/Outdoor Sprint Triathlon!
The three event competition will include a 500 yard swim
in the Choice pool, a 14-mile bike on spin bikes outside of
Choice Health & Fitness, and a 5K run looping from 47th Ave.
South to the Greenway and back to Choice Health & Fitness.

Whether participating to compete or complete,
you're sure to have a day filled with fun and fitness!

Triathlon event is open to members
& non-members of Choice Health & Fitness.

REGISTRATION FORMS AVAILABLE:

ONLINE: CHOICEHF.COM

IN-PERSON: CHOICE HEALTH & FITNESS



23
APRIL



YOUTH DUATHLON

Friday, April 23rd | Time: 5:30 pm

Location: Choice HF Pool & SE Parking Lot

Entry Fee: \$30.00 / participant

AGES

Ages 7-10

Ages 11-15

DISTANCES

100 Meter Swim | 1K Run

200 Meter Swim | 2K Run