

# **CHOICE** ADULT FITNESS

## FEE BASED CLASSES

## CARDIO & STRENGTH

### GROUP STRENGTH TRAINING

A Personal Trainer will use a variety of strength training equipment to help you improve your strength, tone muscles, and learn new training techniques.

### POWER CORE PILATES

A workout centered around the fundamental exercises of a Pilates reformer combined with strength and interval training. Build strength, increase flexibility and coordination while keeping the heart rate elevated! No experience necessary.

### INFERNO BOOTCAMP

High intensity full body workout utilizing a wide variety of equipment.

### GROUP CROSS TRAINING

A full body suspension training class designed to improve technique, mobility, strength, & power.

## FOR BEGINNERS

### INTRO TO REFORMER PILATES

This class will teach participants a wide variety of exercises on the reformer with focus on breath control to promote core stabilization, strength, flexibility, and balance.

## SPECIALTY TRAINING

### GREAT EXPECTATIONS

This prenatal exercise program includes 4 personal training sessions and is designed to empower you to overcome exercise barriers during pregnancy. This 6-week program focuses on cardiovascular, strength, and flexibility training. Call or email to schedule a FREE Prenatal Exercise Consultation with a personal trainer specialized in women's health.



### SUMMER SESSION (MUST BE MEMBER OF CHOICE HEALTH & FITNESS/YMCA)

Session I: JUNE 1—JUNE 26

| Registration Deadline: MAY 27 (\$10 late fee after deadline)

Session II: JULY 6—JULY 31

| Registration Deadline: JULY 2 (\$10 late fee after deadline)

Session III: AUGUST 3—AUGUST 28

| Registration Deadline: JULY 30 (\$10 late fee after deadline)

(KEEP IN MIND THAT CLASSES WILL/WILL NOT RUN BASED ON REGISTRATIONS RECEIVED BY DEADLINE. IF INTERESTED, PLEASE SIGN UP BY DEADLINE.)

## CARDIO & STRENGTH

	DAYS	TIME	LOCATION	TRAINER	COST	WALK-IN FEE	MIN/MAX
GROUP STRENGTH	T & TH	6:00-6:45 pm	PTS	AMANDA	\$96	\$18/class	3-6 participants
POWER CORE PILATES	M & W	8:45-9:30 am	CYCLING	VERONICA	\$96	\$18/class	3-5 participants
	TUES	5:45-6:30 pm	CYCLING	VERONICA	\$48	\$18/class	3-5 participants
INFERNO BOOTCAMP	M & W	5:30-6:30 pm	ICON	ERIN	\$144	\$20/class	4-6 participants
GROUP CROSS TRAINING	T & TH	9:15-10:00 am	PTS	ERIN	\$96	\$18/class	4-6 participants
	M & W	11:00-11:45 am	PTS	ERIN	\$96	\$18/class	4-6 participants

## GROUP TRAINING FOR BEGINNERS

	DAYS	TIME	LOCATION	TRAINER	COST	WALK-IN FEE	MIN/MAX
INTRO TO PILATES REFORMER	W & F	6:30-7:00 am	CYCLING	VERONICA	\$72	\$14/class	3-4 participants

## SPECIALTY TRAINING

GREAT EXPECTATIONS

Contact: Chris Langei or Veronica Lien | clangei@choicehf.com | 701.746.2790

**FITNESS PARTICIPATION POLICY:** As much as we would like to offer all of our "Group Training" classes regardless of the number of participants, it is not cost effective for us to do so. Class pricing is determined by a **minimum** number of participants **registered and paid in full prior to the session start date**. If a session is underway and a member has received permission from the trainer to do a walk-in class (only if there is room) they may pay the walk-in fee. (Please note: Walk-in fee is higher as the member has not committed to the full session. ALL fees must be paid prior to attending class). **NO REFUNDS OR MAKE UPS.**

## CHOICE ADULT FITNESS FEE BASED CLASS REGISTRATION FORM - SUMMER SESSIONS 2020

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_  
Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

I hereby acknowledge my health to be ready for vigorous activity and authorize the directors to secure any emergency treatment deemed necessary, and that I hereby release the Grand Forks Park District, Choice Health & Fitness and all employees, executors, and heirs from all claims for injuries, which may be sustained while attending this program. I also understand that any medical bills that I incur due to injuries will be my responsibility or the responsibility of my family health insurance plan.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### MARK THE SESSION & CLASS IN WHICH YOU WOULD LIKE TO PARTICIPATE:

\_\_\_\_\_ SESSION I: JUNE 1—JUNE 26 \_\_\_\_\_ SESSION II JULY 6—JULY 31 \_\_\_\_\_ SESSION III: AUGUST 3—AUGUST 28

#### CARDIO + STRENGTH

GROUP STRENGTH  
\_\_\_ T/TH (6:00 pm) - \$96

POWER CORE PILATES  
\_\_\_ M/W (8:45 am) - \$96  
\_\_\_ TUES (5:45 pm) - \$48

GROUP CROSS TRAINING  
\_\_\_ T/TH (9:15 am) - \$96  
\_\_\_ M/W (11:00 am) - \$96

INFERNO BOOTCAMP  
\_\_\_ M/W (5:30PM) - \$144

#### BEGINNERS

INTRO TO PILATES REFORMER  
\_\_\_ W/F (6:00 am) - \$72

#### SPECIALTY TRAINING

\_\_\_ GREAT EXPECTATIONS

EMAIL COMPLETED REGISTRATION FORM TO  
**CLANGEI@CHOICEHF.COM**