

SUMMER 2018 SESSIONS *(Must be member of Choice Health & Fitness/YMCA)*

Session I: June 4 - June 30 (Registration Deadline: May 31) ** \$10 late fee after deadline

Session II: July 9 - August 4 (Registration Deadline: July 5) ** \$10 late fee after deadline

Session III: August 6 - Sept 1 (Registration Deadline: August 2) ** \$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
CHOICE BARRE TO BOOTCAMP	W & F	6:05-6:40am	Y1	VERONICA	\$72	\$14/class	4/12 participants
POWER CORE PILATES	M & W	9:15-10:00am	PILATES	VERONICA	\$96	\$18/class	4/8 participants
	T & TH	5:15-6:00pm	PILATES	VERONICA	\$96	\$18/class	4/8 participants
GROUP STRENGTH	T & TH	9:30-10:00 am	PTS	TAMMY	\$72	\$14/class	4/10 participants
TRX CROSS TRAINING	T & TH	9:30-10:15 am	FF	ZEB	\$96	\$18/class	4/10 participants
ULTIMATE STRENGTH & CARDIO	T & TH	8:05-8:35 am	PTS	CHRIS	\$72	\$14/class	4/12 participants
CIRCUIT EXPRESS	M & W	5:30-6:00 am	CHOICE/ICON	JARED	\$72	\$14/class	4/10 participants
ULTIMATE CARDIO	M & F	5:30-6:00 am	Y1	CHRIS	\$72	\$14/class	4/14 participants

MIND-BODY

	days	time	location	trainer	cost	walk-in fee	min/max
MIND-BODY FUSION	WED	6:30 - 7:15 pm	PTS	KRISTIN	\$48	\$18/class	4/8 participants

Specialty Training

	days	time	location	trainer	cost	walk-in fee	min/max
COMMIT TO GET FIT (June 4-Sept 1)	M & F	5:30-6:00 am	ICON	BRANDON	\$288	\$20/class	4/14 participants
	M & W	6:00-6:45pm	ICON	BRANDON	\$288	\$20/class	4/14 participants

Group Training (Contact: Zeb Miller to find trainer, day, and time that will work for your group)

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 2018 SESSIONS

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: _____ *(Must sign before participating in program)*

MARK THE SESSION & CLASS IN WHICH YOU WISH TO PARTICIPATE:

SESSION I: June 4 - June 30 _____ SESSION II: July 9 - August 4 _____ SESSION III: August 6 - Sept 1 _____

SPECIALTY TRAINING

COMMIT TO GET FIT (June 4 - Sept. 1) _____ M/F (5:30 am) - \$288 _____ M/W (6:00 pm) - \$288
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CARDIO + STRENGTH

CHOICE BARRE to BOOTCAMP _____ W/F (6:05 am) - \$72 ULTIMATE CARDIO _____ M/F (5:30 am) - \$72 TRX CROSS TRAIN _____ T/TH (9:30 am) - \$96	GROUP STRENGTH _____ T/TH (9:30 am) - \$72 ULTIMATE STRENGTH & CARDIO _____ T/TH (8:05 am) - \$72	CIRCUIT EXPRESS _____ M/W (5:30 am) - \$72 POWER CORE PILATES _____ M/W (9:15 am) - \$96 _____ T/TH (5:15 pm) - \$96
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MIND-BODY

MIND-BODY FUSION _____ W (6:30 pm) - \$48

CHOICE ADULT FITNESS

CHOICE FEE BASED CLASSES

CARDIO + STRENGTH

CHOICE BARRE TO BOOTCAMP

A combination workout that blends the lengthening and toning movements of classic ballet with the full-body strength and conditioning of bootcamp.

CIRCUIT EXPRESS

Circuit Express is a moderate to high intensity class, grouping multiple exercises to create a full body workout. These workouts are designed to push the body at a higher heart rate to burn calories along with maintaining a manageable time frame.

GROUP STRENGTH TRAINING

A Personal Trainer will use a variety of strength training equipment to help participants improve 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 Pilates reformer experience necessary.

TRX CROSS TRAINING

A full body suspension strengthening class using a wide variety of methods and equipment to improve technique, mobility, strength, and endurance.

ULTIMATE STRENGTH & CARDIO

High intensity interval workout combines weight training and cardio exercises. This class features a 5-min dynamic warm-up, 20-min interval training, followed by 5-min abdominal & stretching exercises.

ULTIMATE CARDIO

30 minute high intensity cardio workout using a variety of exercises to boost your heart rate and metabolism. This class is open to all fitness levels as the instructors will make adaptations to give you a great workout, no matter if you are a beginner or advanced.

MIND - BODY

MIND-BODY FUSION | Using techniques such as visualization and meditation, this restorative workout is intended to create body awareness and enhance well-being in participants. Class includes core & total body strength of Pilates, balance & flexibility of Yoga, and stress reduction of meditation.

SPECIALTY TRAINING

COMMIT TO GET FIT

12 week full-body strength and conditioning class. Class includes two 45min training sessions per week

Group Training (Contact: Zeb Miller to find trainer, day, and time that will work for your group)