

### WINTER SESSIONS *(Must be member of Choice Health & Fitness/YMCA)*

**Session I: November 27 – December 22** (Registration Deadline: November 22) \*\* \$10 late fee after deadline

**Session II: January 8 – February 2** (Registration Deadline: January 3) \*\* \$10 late fee after deadline

**Session III: February 5 – March 2** (Registration Deadline: January 31) \*\* \$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

	days	time	location	trainer	cost	walk-in fee	min/max
<b>ULTIMATE CARDIO</b>	M & F	5:30-6:00 am	Y1	CHRIS	\$72	\$14/class	4/14 participants
<b>INTENSE – 30</b>	M & TH	12:30-1:00 pm	PTS	AUSTIN	\$72	\$14/class	4/10 participants
	W	5:30-6:00 am	PTS	AUSTIN	\$36	\$14/class	4/10 participants
	TH & F	7:00-7:30 pm	PTS	AUSTIN	\$72	\$14/class	4/10 participants

#### CARDIO + STRENGTH

	days	time	location	trainer	cost	walk-in fee	min/max
<b>CHOICE BARRE TO BOOTCAMP</b>	W & F	6:05-6:40am	Y1	VERONICA	\$72	\$14/class	4/12 participants
<b>POWER CORE PILATES</b>	M & W	9:15-10:00am	Pilates	VERONICA	\$96	\$18/class	4/8 participants
	T & TH	5:15-6:00pm	FF	VERONICA	\$96	\$18/class	4/8 participants
<b>GROUP STRENGTH</b>	M & W	5:30-6:00pm	PTS	JARED	\$72	\$14/class	4/10 participants
	T & TH	6:30-7:00 am	PTS	JARED	\$72	\$14/class	4/10 participants
	T & TH	9:30-10:00 am	PTS	TAMMY	\$72	\$14/class	4/10 participants
<b>ULTIMATE STRENGTH &amp; CARDIO</b>	T & TH	8:05-8:35 am	PTS	CHRIS/JARED	\$72	\$14/class	4/12 participants
<b>TRX CROSS TRAINING</b>	T & TH	9:30 - 10:15 am	FF	ZEB	\$96	\$18/class	4/12 participants
<b>MED BALL EXPLOSION</b>	M & W	6:45-7:45 pm	ICON	JUSTIN	\$96	\$18/class	4/8 participants
	T & TH	8:30-9:15 am	ICON	JUSTIN	\$96	\$18/class	4/8 participants
<b>CIRCUIT EXPRESS</b>	M & W	5:00-5:30 am	ICON	JARED	\$72	\$14/class	4/10 participants
	T & TH	9:00-9:30 am	PTS	JARED	\$72	\$14/class	4/10 participants
	M & W	6:00-6:30 pm	FF	JARED	\$72	\$14/class	4/10 participants

#### MIND-BODY

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

#### 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 - WINTER 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: Nov 27 - Dec 22 \_\_\_\_\_ SESSION II: Jan 8 - Feb 2 \_\_\_\_\_ SESSION III: Feb 5 - Mar 2 \_\_\_\_\_

#### CARDIO

<b>ULTIMATE CARDIO</b>
___ M/F (5:30 am) - \$72
<b>INTENSE - 30</b>
___ M/TH (12:30 pm) - \$72
___ W (5:30 am) - \$36
___ T/F (7:00 pm) - \$72

#### CARDIO + STRENGTH

<b>CHOICE BARRE to BOOTCAMP</b>	<b>GROUP STRENGTH</b>	<b>TRX CROSS TRAINING</b>	<b>MED BALL EXPLOSION</b>
___ M/W (5:30 pm) - \$72	___ M/W (5:30 pm) - \$72	___ T/TH (9:30am) - \$96	<b>(NON-MEMBER \$116.00)</b>
___ W/F (6:05 am) - \$72	___ T/Th (6:30 am) - \$72	<b>CIRCUIT EXPRESS</b>	___ M/W (6:45 pm) - \$96
	___ T/TH (9:30 am) - \$72	___ M/W (5:00 am) - \$72	
<b>POWER CORE PILATES</b>	<b>ULTIMATE STRENGTH &amp; CARDIO</b>	___ T/Th (9:00 am) - \$72	___ T/TH (8:30 am) - \$96
___ M/W (9:15 am) - \$96	___ T/TH (8:05 am) - \$72	___ M/W (6:00 am) - \$72	
___ T/TH (5:15 pm) - \$96			

#### MIND-BODY

<b>MIND-BODY FUSION</b>
___ W (6:30 pm) - \$48

# CHOICE ADULT FITNESS

## FEE BASED CLASSES

### CARDIO

#### 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.

#### INTENSE-30

Small group training class centered around getting a quality workout in with only 30 minutes. Intense-30 is a non-stop, full body, high intensity workout. Exercises include explosive movements, weight exercises, core exercises, muscle endurance exercise, and cardiovascular strength.

### CARDIO + STRENGTH

#### TRX CROSS TRAINING

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

#### 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.

#### 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.

#### 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.

#### 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.

#### Med Ball Explosion

Class pairing foundation movement with explosive movement. The training sessions focus on the foundations of strength and explosive movements to build energy for improved quality of life. Innovative way to do interval training and use med balls.

#### 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.

### 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.

