

Spring 2017 Adult PROGRAMS

REGISTRATION FORMS AVAILABLE
ONLINE: CHOICEHF.COM | IN-PERSON: CHOICE HEALTH & FITNESS

CHOICE TRIATHLON

SATURDAY, APRIL 29, 2017 | 8 AM - 12 PM *(open to non-members)*

The three event competition will include a 500 yard swim in the Choice pool, a 14 mile bike on spin bikes outside of Choice, and a 5K run looping from 47th Ave. South to the Greenway and back to Choice.

EARLY BIRD REGISTRATION

DEADLINE: APRIL 9 COST: \$40 (MEMBER) / \$45 (NON-MEMBER)

REGISTRATION AFTER APRIL 9

DEADLINE: APRIL 24 AT 12PM COST: \$55 (MEMBERS & NON-MEMBERS)

TRIATHLON TRAINING *(members only)*

MARCH 24 - APRIL 21

6-week triathlon training program. Training will include 3 weekly meetings with a swim instructor and two personal trainers.

Friday	6:15 am - 7:00 am	\$150.00
Tuesday	5:45 pm - 6:30 pm	\$150.00
Thursday	5:45 pm - 6:30 pm	\$150.00



TRIATHLON TRAINING SWIMMING CLINIC *(members only)*

APRIL 4 - APRIL 25

Specialty swimming clinic geared towards helping participants prepare for the Choice Triathlon. Training will include (4) 30-minute swim lessons.

Tuesday 5:30 am - 6:30 am \$40

***NOTE:** Receive \$10 off Triathlon registration fee with participation in Triathlon Training or Triathlon Training Swimming Clinic.

ADULT VOLLEYBALL

***OPEN TO NON-MEMBERS.**

SAND VOLLEYBALL LEAGUES AT BRINGEWATT PARK

SESSION DATES: MAY 15 - JULY 31 (NO LEAGUE MAY 29, JULY 3, 4, 26, & 27)

REGISTRATION DEADLINE: MAY 1 (\$25 LATE FEE AFTER DEADLINE)

Have fun outdoors with our Adult Sand Volleyball Leagues! Schedules will be available approximately a week before the first day of competition.

Location: Bringewatt Park | 2205 24th Ave. South

2-person: \$64/team | 4-person: \$128/team | 6-person: \$192/team

WEEKLY LEAGUE SCHEDULE

Monday	Tuesday	Wednesday	Thursday
2 - Person	Coed 4 (A or B)	Coed 6 (A, B, or C)	Coed 6 (B or C)
Men's 4	Women's 6		
Women's 4			
Coed 6 (C)			

ADULT TENNIS

***OPEN TO NON-MEMBERS.**

ADULT INTRO SERIES | 1ST LESSON IS FREE!

Give tennis a try! Join one of our pros for an adult intro tennis lesson series. Series consists of 1 free intro group lesson followed by (5) one-hour group lessons. Come learn the basic strokes needed to play this lifetime sport.

WINTER SESSION: MARCH - APRIL | COST: \$45

Sunday | 2:30 pm - 3:30 pm (March 5, 12, 19, 26, April 2, 9)

Monday | 7:30 pm - 8:30 pm (March 6, 13, 20, 27, April 3, 10)

Tuesday | 10:30 am - 11:30 am (March 7, 14, 21, 28, April 4, 11)

TENNIS LEAGUES (MUST BE 18+)

MARCH 13 - MAY 7 | REGISTRATION DEADLINE: MARCH 6

(\$10 LATE FEE AFTER DEADLINE)

Hit the court in some friendly competition this spring!

Monday	7:30 pm - 9:00 pm	3.5 - 4.0	Singles
Tuesday	7:30 pm - 9:00 pm	4.5 - 5.0	Singles
Wednesday	7:30 pm - 9:00 pm	3.5 - 4.0	Progressive Dbls.
Thursday	7:30 pm - 9:00 pm	2.0 - 3.0	Singles
	10:30 am - 12:00 pm	2.0 - 3.0	Singles

Singles League: \$15 (mem) / \$23.75 (non-mem) +tax

Doubles League: \$7 (mem) / \$14.40 (non-mem) +tax

ADULT TENNIS DRILLS

This is 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. It's great fun and great exercise! If you have questions, contact one of our pros at ph: 701.746.2790.

Noon Drill: \$9 (mem) / \$14 (non-mem) Other Drills: \$12 (mem) / \$18 (non-mem)

Sunday	1:00 pm - 2:30 pm
Monday	9:00 am - 10:30 am 6:00 pm - 7:30 pm
Tuesday	9:00 am - 10:30 am 12:00 pm - 1:00 pm 6:00 pm - 7:30 pm
Wednesday	9:00 am - 10:30 am 6:00 pm - 7:30 pm
Thursday	9:00 am - 10:30 am 12:00 pm - 1:00 pm 6:00 pm - 7:30 pm
Friday	10:30 am - 12:00 pm
Saturday	9:00 am - 10:30 am

PRIVATE LESSONS

Contact one of our tennis pros for more info & to schedule a time. Call 701.746.2790 today!

ADULT RACQUETBALL

***OPEN TO NON-MEMBERS.**

CHOICE ADULT RACQUETBALL LEAGUES

SESSION DATES: MARCH 12 - MAY 7

REGISTRATION DEADLINE: MARCH 6 (\$10 LATE FEE AFTER DEADLINE)

Keep your racquetball game up to speed with our leagues. Playing in league ensures a consistent court time each week & is a great way to find new playing partners at your skill level.

Cost: League fee of \$16.01 for each league in which you participate. (\$15 plus tax)

**Members have priority*

Non-members please contact (Ph: 701-746-2790) for pricing & availability.

WEEKLY LEAGUE SCHEDULE

Sunday	Monday	Tuesday
5:00 pm C	6:00 pm A/B	5:30 pm Open
6:00 pm B	7:00 pm A/B	6:30 pm Open Dbls
7:00 pm A	8:00 pm C/D	7:30 pm Open
Wednesday	Thursday	
6:00 pm C/D	5:30 pm B/C Dbls.	
7:00 pm A/B	6:30 pm B/C	
8:00 pm Wom. (A)	7:30 pm Wom. (B)	

ADULT FITNESS

***MUST BE A MEMBER OF CHOICE HEALTH & FITNESS OR YMCA.**

FEE BASED FITNESS SESSION DATES

MARCH 6 - 31 REG. DEADLINE: **MARCH 1** (\$10 LATE FEE)
APRIL 3 - 28 REG. DEADLINE: **MARCH 29** (\$10 LATE FEE)
MAY 1 - 26 REG. DEADLINE: **APRIL 26** (\$10 LATE FEE)

STRENGTH & TONING

ULTIMATE CARDIO

30-min high intensity cardio workout by trainer Chris Langei including: 5-min warm-up, 20-min interval training, & 5-min stretching exercises.

M & F | 5:30 - 6:00 am | \$64 (sess) / \$12 (walk-in) | Yoga Rm / 1st Floor

ULTIMATE STRENGTH & CARDIO

30-min high intensity cardio workout by trainer Chris Langei and Jorid Dagfinrud including: 5 min. warm-up, 20-min strength & cardio interval training, & 5-min abdominal & strength exercises.

M & F | 8:30 - 9:00 am | \$64 (sess) / \$12 (walk-in) | PT Studio
T & TH | 8:05 - 8:35 am | \$64 (sess) / \$12 (walk-in) | PT Studio
T & TH | 5:50 - 6:20 pm | \$64 (sess) / \$12 (walk-in) | PT Studio

GROUP STRENGTH

Trainers Tammy Koppang & Jared Connell will use a variety of strength training methods and equipment to help participants improve strength, tone muscles, & learn training techniques.

M & W | 5:30 pm - 6:00 pm | \$64 (sess) / \$12 (walk-in) | PT Studio
T & TH | 6:30 - 7:00 am | \$64 (sess) / \$12 (walk-in) | PT Studio
T & TH | 9:30 - 10:00 am | \$64 (sess) / \$12 (walk-in) | PT Studio

TRX GROUP TRAINING

Learn the basic set up & language of the TRX suspension trainer from trainer Zeb Miller.

M & W | 6:00 - 7:00 am | \$120 (session) / \$20 (walk-in) | ICON
T & TH | 6:30 - 7:30 pm | \$120 (session) / \$20 (walk-in) | ICON

YOGA, PILATES, & DANCE

MIND-BODY FUSION

Trainer Kristin Cariveau will lead a restorative workout with elements of Yoga & Pilates intended to create body awareness & enhance well-being.

WED | 6:30 - 7:15 pm | \$40 (sess) / \$15 (walk-in) | PT Studio

BARRE TO BOOTCAMP

Trainer Veroica Lien leads a combo workout that blends the lengthening & toning movements of ballet with the full-body strength & conditioning of a bootcamp.

M & W | 8:45 - 9:15 am | \$64 (sess) / \$12 (walk-in) | Yoga Room
W & F | 6:05 - 6:40 am | \$64 (sess) / \$12 (walk-in) | Yoga Room
THURS | 12:15 - 12:45 pm | \$48 (sess) / \$18 (walk-in) | Yoga Room

6-WEEK BOOT CAMPS

CHOICE BOOT CAMP TRX INFERNO (*OPEN TO NON-MEMBERS)

APRIL 3 - MAY 12 | REGISTRATION DEADLINE: **MARCH 29** (\$10 LATE FEE)

Trainer Zeb Miller leads this full-body workout that blends strength and explosive movements through the TRX Suspension Trainer. Fun combo of functional training through creative programming.

T & TH | 5:30 - 6:30 am | \$225 (mem) / \$300 (non-mem) / \$20 (walk-in) | ICON
SAT | 9:00 - 10:00 am | \$115 (sess) / \$190 (non-mem) / \$20 (walk-in) | ICON

SUMMER SHRED BOOT CAMP (*OPEN TO NON-MEMBERS)

APRIL 25 - JUNE 1 | REGISTRATION DEADLINE: **APRIL 21** (\$10 LATE FEE)

Trainer Veronica Lien leads this 6-week outdoor boot camp training program. Participants will meet once a week for boot camp training and will receive weekly "exercise orders" to complete between sessions.

TUES 12:00 pm - 1:00 pm \$100 (members) / \$125 (non-members)
THURS 5:45 am - 6:45 am \$100 (members) / \$125 (non-members)
THURS 5:45 pm - 6:45 pm \$100 (members) / \$125 (non-members)

PERSONAL TRAINING

***OPEN TO NON-MEMBERS.**

PERSONAL TRAINING

Maximize your time at the gym with personalized training. We have over 20 trainers ready to help you meet your fitness goals!

Contact: Chris Langei, clangei@choicehf.com | 701.746.2790
Zeb Miller, zmiller@choicehf.com | 701.746.2790

FIT MOMS

OPEN TO MEMBERS & NON-MEMBERS GREAT EXPECTATIONS

Prenatal exercise program designed to empower women to overcome exercise barriers during pregnancy. 6-week program focuses on cardiovascular, strength, & flexibility training. Sign-up for a 6-week program anytime. To schedule a FREE Prenatal Exercise Consultation with a personal trainer specialized in women's health, contact: Kristin Cariveau, kkriewall.choicehf@gmail.com | 701.746.2790

Cost: \$180 (members) / \$216 (non-members)

BABY BOOTCAMP

MAY 1 - MAY 26 | REGISTRATION DEADLINE: **APRIL 24** (\$10 LATE FEE)

4-week program includes postpartum education topics such as exercise, nutrition, and prevention & wellness for mom & baby, facilitated by a Choice Certified Personal Trainer & Altru providers.

Contact: Kristin Cariveau, kkriewall.choicehf@gmail.com | 701.746.2790

M & W | 3:00 - 4:00 pm | \$72 (mem) / \$99 (non-mem) | PT Studio

OPEN TO CHOICE & YMCA MEMBERS ONLY SESSION DATES:

MARCH 6 - 31 REG. DEADLINE: **MARCH 1** (\$10 LATE FEE)
APRIL 3 - 28 REG. DEADLINE: **MARCH 29** (\$10 LATE FEE)
MAY 1 - 26 REG. DEADLINE: **APRIL 26** (\$10 LATE FEE)

Contact: Kristin Cariveau, kkriewall.choicehf@gmail.com | 701.746.2790

PRENATAL YOGA

A mid-week, restorative workout intended to create strength, confidence, relaxation, & comfort in expecting mothers.

TUES | 6:30 - 7:15 pm | \$40 (sess) / \$15 (walk-in fee) | PT Studio

MOMMY & ME

Upbeat & interactive class designed to enhance the well-being of both mom & baby. Participants will get their heart rate up with a variety of strength & cardio exercises. Designed to allow moms to get their workout in while enjoying a fun time with their little ones.

M & W | 4:00 - 4:45 pm | \$80 (sess) / \$15 (walk-in fee) | PT Studio

NUTRITION

***OPEN TO NON-MEMBERS.**

HEALTHY CREATIONS (16+ YEARS)

MARCH 8 - MAY 3 | REGISTRATION DEADLINE: **FEB. 27**

Weight loss program designed to educate on proper nutrition, introduce exercise, & provide tools for behavior modification. Participants will work with a certified personal trainer as well as an Altru Dietician throughout the program.

WED 5:30 - 6:15 pm \$120 Community Room

For more info, contact: Chris Langei, clangei@choicehf.com | 701.746.2790

FUELING FOR PERFORMANCE (16+ YEARS)

Designed to teach athletes the basics of fueling their body with the proper nutrients to get the most out of their training & competitions.

For more info & to set up a session, contact:

Jorid Dagfinrud, jdagfinrud@choicehf.com | 701.746.2790