

Spring PROGRAMS

Youth & Adult • 2016

Basketball

Performance Enhancement

Aquatics

Tennis

Racquetball

Nutrition

Fitness

Volleyball



CHOICE HEALTH & FITNESS

2 Facilities • 1 Membership



YOUR BEST CHOICE!

CHOICE
HEALTH & FITNESS



Adult PROGRAMS

Spring 2016

Registration forms can be found online at choicehf.com or picked up at Choice Health & Fitness | 4401 S. 11th St.

Choice Triathlon | APRIL 30

SATURDAY, APRIL 30, 2016 | 8 AM - 12 PM

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 11 **Cost:** \$40 (member) / \$45 (non-member)

REGISTRATION AFTER APRIL 11

Deadline: April 25 at 12pm **Cost:** \$55 (members & non-members)

TRIATHLON TRAINING (members only)

March 21 - April 28

6-week triathlon training program.

Training will include 3 weekly meetings with a swim instructor and two personal trainers.

MON 6:45 pm - 7:30 pm \$216.00

TUES 6:45 pm - 7:30 pm \$216.00

THURS 6:45 pm - 7:30 pm \$216.00



TRIATHLON TRAINING SWIMMING CLINIC (members only)

April 5 - April 26

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

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

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

Yoga | Pilates | Dance

FEE BASED FITNESS SESSION DATES

March 7 - April 1 | Reg. Deadline: March 2 (\$5 late fee)

April 4 - April 29 | Reg. Deadline: March 30 (\$5 late fee)

May 2 - May 27 | Reg. Deadline: April 27 (\$5 late fee)

PERFORMANCE PILATES (for members only)

Unique mix of Mat Pilates, mindfulness, visualization, and affirmations that give you an epiphany in motion!

Session I (No class Mar. 22) **TUES** 5:30 pm - 6:15 pm \$30 (session) / \$15 (walk-in)

Session II & III **TUES** 5:30 pm - 6:15pm \$40 (session) / \$15 (walk-in)

FRI 9:00 am - 9:45 am \$40 (session) / \$15 (walk-in)

PIYO (for members only)

High-intensity and low-impact. Offers core-tightening of Pilates, full-body flexibility & strength of Yoga, & dynamic movement.

WED 5:10 am - 5:55 am \$40 (session) / \$15 (walk-in)

BARRE FITNESS (for members only)

Class blends yoga, Pilates & basic dance moves into one workout utilizing the ballet barre & empowering music.

M & W 6:05 am - 6:45 am \$64 (session) / \$12 (walk-in)

MIND BODY FUSION (for members only)

Restorative workout intended to create body awareness & enhance well-being. Class includes elements of Pilates & Yoga.

WED 12:00 pm - 12:45 pm \$40 (session) / \$15 (walk-in)

WED 7:30 pm - 8:15 pm \$40 (session) / \$15 (walk-in)

Personalized yoga training sessions available. **Contact Chris Langei, Fitness Manager for details. Ph: 701-746-2790 | clangei@choicehf.com**

TRX Suspension OPEN TO MEMBERS & NON-MEMBERS

TRX SESSION DATES

March 7 - April 1 | Reg. Deadline: March 2 (\$5 late fee)

April 4 - April 29 | Reg. Deadline: March 30 (\$5 late fee)

May 2 - May 27 | Reg. Deadline: April 27 (\$5 late fee)

TRX GROUP TRAINING (open to members & non-members)

Learn the basic setup & language of the TRX suspension trainer. (Pre-requisite for TRX Core Crunch & TRX Strong & Fit)

M & W 6:00 - 7:00 am \$120 (session) (open to non-members)

***T & TH** 6:35 - 7:35 pm \$120 (session) (*for members only)

TRX CORE CRUNCH (open to members & non-members)

Participants will learn & perform core stability, strength & defining movement exercises through the use of suspension training system.

M & W 5:30 - 6:00 am \$80 (session)

T & TH 5:30 - 6:00 am \$80 (session)

TRX STRONG & FIT (open to members & non-members)

Suspension training workouts including cardio & strength exercises performed at a moderate to high intensity.

T & TH 6:00 - 7:00 am \$120 (session)

Adult Racquetball OPEN TO MEMBERS & NON-MEMBERS

CHOICE ADULT RACQUETBALL LEAGUES

March 6 - May 7 (No league Mar. 25-27, May 2-6)

Reg. Deadline: Feb. 29 (\$5 late fee)

Keep your racquetball game up to speed with our leagues.

Cost: \$16.01 per league in which you participate. (\$15 + tax)

*Members have priority. Non-members please contact us for pricing & availability. (701.746.2790)

WEEKLY LEAGUE SCHEDULE

Sunday

5:00 pm | C

6:00 pm | B

7:00 pm | A

Wednesday

6:00 pm | C/D

7:00 pm | A/B

8:00 pm | Wom. (A)

Monday

6:00 pm | A/B

7:00 pm | A/B

8:00 pm | C/D

Thursday

5:30 pm | B/C Dbls.

6:30 pm | B/C

7:30 pm | Wom. (B)

Tuesday

5:30 pm | Open

6:30 pm | Open Dbls.

7:30 pm | Open

Friday

5:00 pm | B

6:00 pm | C

7:00 pm | D



Adult Tennis

OPEN TO MEMBERS
& NON-MEMBERS

ADULT INTRO SERIES (1st lesson is free!)

Give tennis a try! Join one of our pros for an adult intro lesson series. Series consists of (1) free intro group lesson followed by (5) 1-hour group lessons.

March 7 - April 12 | Cost: \$45

MON 7:30 pm - 8:30 pm (March 7, 14, 21, April 4, 11)

TUES 10:30 am - 11:30 am (March 8, 15, 22, April 5, 12)

ADULT TENNIS DRILLS

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. If you have questions, contact one of our pros at 701.746.2790.

Noon Drill: \$9 (member) / \$12 (non-member)

Other Drills: \$12 (member) / \$18 (non-member)

SUN 1:00 pm - 2:30 pm

MON 9:00 am - 10:30 am | 6:00 pm - 7:30 pm

TUES 9:00 am - 10:30 am | 12:00 pm - 1:00 pm | 6:00 pm - 7:30 pm

WED 9:00 am - 10:30 am | 6:00 pm - 7:30 pm

THURS 9:00 am - 10:30 am | 12:00 pm - 1:00 pm | 6:00 pm - 7:30 pm

FRI 10:30 am - Noon | 12:00pm - 1:00 pm

SAT 9:00 am - 10:30 am

TENNIS LEAGUES (Must be 18+)

Feb. 8 - April 14

Hit the courts in some friendly competition.

Leagues available for all skill levels, from beginners to experts.

Cost: Singles \$15 + tax (member) | \$23.75 + tax (non-member)

Doubles \$9 + tax (member) | \$14.40 + tax non-member

Singles (2.0 - 3.0)

THURS 7:30 - 9:00 pm

Singles (3.5 - 4.0)

MON 7:30 - 9:00 pm

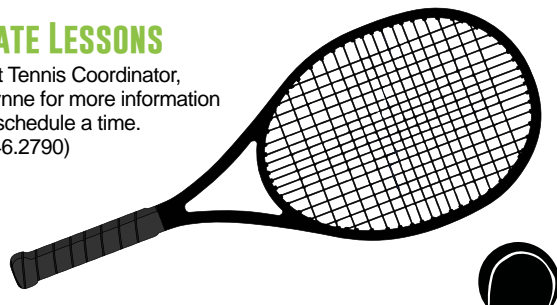
Singles (3.5)

TUES 7:30 - 9:00 pm

Doubles League (3.0 - 4.5) WED 7:30 - 9:00 pm

PRIVATE LESSONS

Contact Tennis Coordinator,
Tim Wynne for more information
and to schedule a time.
(701.746.2790)



Nutrition

OPEN TO MEMBERS
& NON-MEMBERS



HEALTHY CREATIONS

March 9 - April 27 | Reg. Deadline: Feb. 29 (No registration after deadline)

Weight loss program designed to educate on proper nutrition, introduce exercise & an active lifestyle, & provide tools for behavior modification. Weekly meetings with Altru Dietitian, Becky Westereng, & Choice Personal Trainer, Chris Langei.

WED 5:30 pm - 6:00 pm

\$120

Adult Fitness

MUST BE A MEMBER OF
CHOICE HEALTH & FITNESS
OR THE YMCA

FEE BASED FITNESS SESSION DATES

March 7 - April 1 | Reg. Deadline: March 2 (\$5 late fee)

April 4 - April 29 | Reg. Deadline: March 30 (\$5 late fee)

May 2 - May 27 | Reg. Deadline: April 27 (\$5 late fee)

TABATA

Traditional 20-10 Tabata-style workout. Includes a 5-min dynamic warm-up, 20-min of high intensity intervals & 5-min cool down.

M & W 12:15 - 12:45 pm \$64 (session) / \$12 (walk-in)

GROUP STRENGTH

A variety of strength training methods & equipment help participants improve strength, tone muscles, & learn training techniques.

M & W 7:45 pm - 8:15 pm \$64 (session) / \$12 (walk-in)

T & TH 9:30 am - 10:00 am \$64 (session) / \$12 (walk-in)

T & TH 5:50 am - 6:20 am \$64 (session) / \$12 (walk-in)

XFACTOR

Full-body strengthening class using a wide variety of methods & equipment to improve technique, mobility, strength, & endurance.

T & TH 9:30 - 10:15 AM \$80 (session) / \$15 (walk-in)

ULTIMATE CARDIO

30-minute high-intensity cardio: 5-minute warm-up, 20-minute interval training, and 5-minute abdominal and stretching exercises.

M & F 5:30 am - 6:00 am \$64 (session) / \$12 (walk-in)

T & TH 8:00 am - 8:30 am \$64 (session) / \$12 (walk-in)

CHOICE BOOT CAMP

A non-traditional, full-body work out using a variety of equipr & methods to improve strength and endurance.

M & W 12:15 pm - 12:45 pm \$64 (session) / \$12 (walk-in)

T & TH 8:45 am - 9:30 am \$80 (session) / \$15 (walk-in)



H2O IMPACT (*open to members & non-members)

A full-body workout including intervals for both cardio & strength training. Training is in the pool and on the pool deck.

THURS 7:00 pm - 7:45 pm \$60

MOMMY & ME FITNESS

45-minute exercise class for Mom & Baby.

M & W 4:00 pm - 4:45 pm \$80 (session) / \$15 (walk-in fee)

PERSONAL TRAINING

Contact Chris Langei, Fitness Manager for details.

Phone: 701-746-2790 | email: clangei@choicehf.com

GREAT EXPECTATIONS | PRENATAL FITNESS

6-week prenatal exercise program designed to empower women to overcome exercise barriers during pregnancy. Schedule a FREE prenatal exercise consultation today! **Contact Chris Langei, Fitness Manager for details.** Phone: 701-746-2790 | email: clangei@choicehf.com

New Programs!

WORKSITE WELLNESS (open to members & non-members)

Our Worksite Wellness program can help you create a healthier and happier environment at your workplace.

Contact Katie Munion, Worksite Wellness Consultant for details.

Phone: 701-746-2790

SUMMER SHRED BOOTCAMP (open to members & non-members)

April 25 - June 4

6-week bootcamp training program.

Participants will meet once a week for bootcamp 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)