

Spring SESSION *(Must be member of Choice Health & Fitness/YMCA)*

Session I: March 6 — March 31 (Registration Deadline: March 1) ** \$10 late fee after deadline

Session II: April 3 — April 28 (Registration Deadline: March 29) ** \$10 late fee after deadline

Session III: May 1— May 26 (Registration Deadline: April 26) ** \$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
ULTIMATE CARDIO	M & F	5:30-6:00 am	Y1	CHRIS	\$64	\$12/class	4/14participants

CARDIO + STRENGTH

	days	time	location	trainer	cost	walk-in fee	min/max
CHOICE BARRE TO BOOTCAMP	M & W	8:45-9:15 am	Y1	VERONICA	\$64	\$12/class	4/12 participants
	W & F	6:05-6:40am	Y1	VERONICA	\$64	\$12/class	4/12 participants
	T & TH	12:15-12:45 pm	Y1	VERONICA	\$64	\$12/class	4/12 participants
GROUP STRENGTH	M & W	5:30-6:00pm	PTS	JARED	\$64	\$12/class	4/10 participants
	T & TH	6:30-7:00 am	PTS	JARED	\$64	\$12/class	4/10 participants
	T & TH	9:30-10:00 am	PTS	TAMMY	\$64	\$12/class	4/10 participants
ULTIMATE STRENGTH & CARDIO	T & TH	8:05-8:35 am	PTS	CHRIS	\$64	\$12/class	4/12 participants
	M & F	8:30-9:00am	PTS	JORID	\$64	\$12/class	4/12 participants
	T & TH	5:50-6:20pm	PTS	JORID	\$64	\$12/class	4/12participants
TRX GROUP TRAINING	M & W	6:00-7:00 am	ICON	ZEB	\$120	NA	4/10 participants
	T & TH	6:30-7:30 pm	ICON	ZEB	\$120	NA	4/10 participants
X-FACTOR	T & TH	9:30 -10:15am	Y1	ZEB	\$80	\$15/class	4/10 participants

MIND-BODY

	days	time	location	trainer	cost	walk-in fee	min/max
MIND-BODY FUSION	WED	6:30 - 7:15 pm	PTS	KRISTIN	\$40	\$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 - SPRING 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: Mar. 6- Mar. 31 _____ SESSION II: April 3-April 28 _____ SESSION III: May 1 - May 26 _____

CARDIO

ULTIMATE CARDIO
____ M/F (5:30 am) - \$64

CARDIO + STRENGTH

CHOICE BARRE to
BOOTCAMP
____ M/W (8:45 am) - \$64
____ T/Th (6:30 am) - \$64
____ W/F (6:05 am) - \$64
____ T/TH (12:15 pm) - \$64

GROUP STRENGTH
____ M/W (5:30 pm) - \$64
____ T/Th (6:30 am) - \$64
____ T/TH (9:30 am) - \$64

ULTIMATE STRENGTH &
CARDIO
____ T/TH (8:05 am) - \$64
____ M/F(8:30am) - \$64
____ T/TH (5:50pm) - \$64

TRX GROUP TRAINING
____ M/W (6:00 am) - \$120
____ T/TH (6:30 pm) - \$120
X-Factor
____ T/Th (9:30am) - \$80

MIND-BODY

MIND-BODY FUSION
____ W (6:30 pm) - \$40

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. Class features a 5-min dynamic warm-up, 20-min interval training, followed by 5-min abdominal & stretching exercises.

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.

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.

TRX GROUP TRAINING

Learn basic set up and language of the TRX suspension trainer, along with many different types of exercises and workouts that can be utilized efficiently & effectively.

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

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.

