

SPRING 2019 SESSIONS

(MUST BE MEMBER OF CHOICE HEALTH & FITNESS/YMCA)

Session I: MAR. 4 - MAR. 30 | Registration Deadline: FEB. 27 (\$10 late fee after deadline)

Session II: APR. 1 - APR. 27 | Registration Deadline: MAR. 27 (\$10 late fee after deadline)

Session III: APR. 29 - MAY 25 | Registration Deadline: APR. 24 (\$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
GROUP STRENGTH	T & TH	9:30-10:00 am	PTS	TAMMY	\$72	\$14/class	4/10 participants
POWER CORE PILATES	W & F	6:05-6:40am	PILATES	VERONICA	\$72	\$14/class	4/8 participants
	M & W	8:45-9:30am	PILATES	VERONICA	\$96	\$18/class	4/8 participants
	TUES	5:45-6:30pm	PILATES	VERONICA	\$48	\$18/class	4/8 participants
COTA'S BODY BLAST	M & W & F	9:30-10:30 am	PTS	ASHLEY	\$120	\$20/class	4/8 participants
	T & TH	9:30-10:15 am	PTS	ASHLEY	\$144	\$18/class	4/8 participants
ULTIMATE CARDIO	M & F	5:30-6:00 am	Y1	CHRIS	\$72	\$14/class	4/14 participants
WOMEN ON WEIGHTS	M	7:30-8:15 am	PTS	AMANDA	\$48	\$18/class	4/8 participants

MIND-BODY

	DAYS	TIME	LOCATION	TRAINER	COST	WALK-IN FEE	MIN/MAX
HYPOPRESSIVE BREATHING	MON	7:30 - 8:15 pm	PTS	STETSON	\$48	N/A	4/14 participants

SPECIALTY TRAINING

GREAT EXPECTATIONS (Open to non-members) Contact: Chris Langei or Veronica Lien | clangei@choicehf.com | 701.746.2790

GROUP TRAINING (Members only) 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 - SPRING 2019 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 WOULD LIKE TO PARTICIPATE:

___ SESSION I: Mar. 4 - Mar. 30

___ SESSION II: Apr. 1 - Apr. 27

___ SESSION III: Apr. 29 - May 25

CARDIO + STRENGTH

GROUP STRENGTH
___ T/TH (9:30 am) - \$72
COTA'S BODY BLAST
___ T/TH (9:30 am) - \$120
___ M/W/F (9:30 am) - \$144
ULTIMATE CARDIO
___ M/F (5:30 am) - \$72

POWER CORE PILATES
___ M/W (8:45 am) - \$96
___ TUES (5:45 pm) - \$48
___ W/F (6:05 am) - \$72
WOMEN ON WEIGHTS
___ MON (7:30 pm) - \$48

MIND-BODY

HYPOPRESSIVE BREATHING
___ MON (7:30 pm) - \$48

SPECIALTY TRAINING

___ GREAT EXPECTATIONS
(Open to Non-Members)
___ GROUP TRAINING

CHOICE ADULT FITNESS

FEE BASED CLASSES

CARDIO & STRENGTH

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 experience necessary.

COTA'S BODY BLAST

Trainer Ashley Cota uses treadmill, rowing machines, Krank bikes and a variety of strength movement to lead you to your goals.

WOMEN TO WEIGHT

A women's only weight training class led by trainer Amanda Dufner.

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

HYPORESSIVE BREATHING

Controlling the core while breathing will put the pelvis in a neutral position and protect the lumbar spine.

SPECIALTY TRAINING

GREAT EXPECTATIONS (open to non-members)

Prenatal exercise program designed to empower women to overcome exercise barriers during pregnancy. This 6-week program focuses on cardiovascular, strength, and flexibility training. Sign-up for a 6-week session anytime. Call or email to schedule a FREE Prenatal Exercise Consultation with a personal trainer specialized in women's health.

GROUP TRAINING

Gather a group of friends or family to workout together!
(Contact: Zeb Miller to find trainer, day, and time that will work for your group)