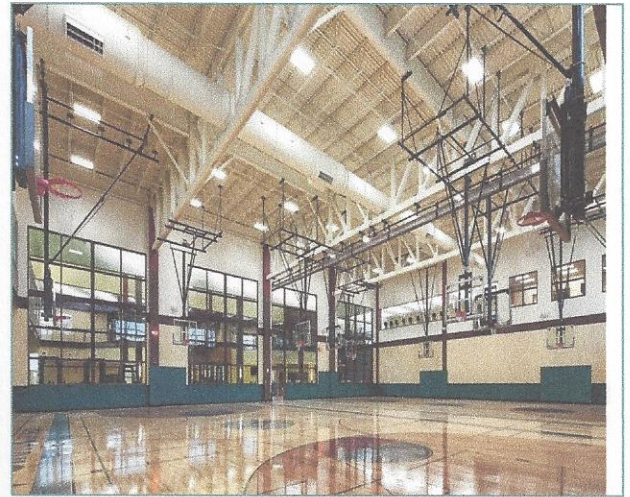


Choice Health & Fitness



Opened in September 2012, the Choice Health & Fitness Center, Grand Forks, North Dakota, exemplifies a true community partnership. The Grand Forks Park District, Altru Health System and the Altru Family YMCA worked cooperatively to develop this 162,000 sf facility, housing health & wellness and recreational programs developed in response to the needs of the community.

Reciprocal and daily memberships are offered as well as youth sports camps, arts and dance classes, personal training, tennis and swim lessons, and so much more. Altru Health System offers wellness education programs which include healthy cooking classes, lifestyle and nutritional counseling, and special health screenings.

University of North Dakota men's and women's sports activities are conducted in the center as well as Silver Splash and Silver Sneakers programs.

- Tennis & racquetball courts
- Indoor walk / jog track
- Aquatics center with lap pool, zero-entry leisure pool, lazy river & two water slides
- Cycling, rowing & group exercise rooms
- Cardio & free weights
- Gymnasium
- Welcore health programs
- Altru physical & occupational rehab
- Sprouts Café
- Men's, women's & family locker rooms
- Human Nutrition Research Lab
- Truyu Aesthetic Center
- Family, senior and youth programs



Grand Forks, North Dakota