



CLASSES INCLUDED IN YOUR MEMBERSHIP 2017

Southeast

WINTER/SPRING

Session 2: February 20–April 16

These classes are included in your membership to introduce you to a new program or supplement your existing class activities. Classes are available during both morning and evening times at basic, intermediate, or multi-level intensities. Use your membership to the MAX!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 6:00–6:45 AM	RIPPED 6:00–7:00 AM	Boot Camp 6:00–6:45 AM	RIPPED 6:00–7:00 AM	Boot Camp 6:00–6:45 AM	RIPPED 7:45–8:45 AM
Power Pump 8:00–9:00 AM	Aqua Fit Deep 8:50–9:45 AM	Power Pump 8:00–9:00 AM	Aqua Fit Deep 8:50–9:45 AM	Power Pump 8:00–9:00 AM	RIPPED Core 9:00–9:15 AM
Morning Mix 8:15–9:00 AM	Bootcamp 9:15–10:15 AM	Morning Mix 8:15–9:00 AM	Zumba 9:15–10:00 AM	Yoga/Pilates Mix 8:15–9:15 AM	Ride and Renew 9:15–10:15 AM
Power Pump 9:15–10:15 AM	Zumba 9:15–10:00 AM	Zumba 9:15–10:00 AM	PiYo 9:30–10:15 AM	Morning Mix 8:15–9:00 AM	RIPPED 9:30–10:30 AM
Step Aerobics 9:15–10:15 AM	Barre 10:15–11:15 AM	Power Pump 9:15–10:15 AM	Bosu Strength Circuit 10:15–10:45 AM	Cardio Blast 9:15–10:15 AM	
Posture and Balance Through Pilates 10:45–11:45 AM	Bosu Strength Circuit 10:15–10:45 AM	Insanity 10:15–11:00 AM	Country Heat 10:30–11:15 AM	Power Pump 9:15–10:15 AM	
Power Flow Yoga 11:30 AM–12:15 PM	Arthritis Aquatics Plus 10:45–11:30 AM	Power Flow Yoga 10:45–11:45 AM	Arthritis Aquatics Plus 10:45–11:30 AM	Strength and Cycle 10:30–11:30 AM	
Arthritis Aquatics Basic 12:05–12:50 PM	Tai Chi for Arthritis 11:30 AM–12:15 PM	Arthritis Aquatics Basic 12:05–12:50 PM	Tai Chi for Arthritis 11:30 AM–12:15 PM	Core Flow Yoga 10:45–11:45 AM	
Sitting Fit W/Yoga 2:00–2:45 PM	Arthritis Aquatics Basic 12:00–12:45 PM	Sitting Fit W/Yoga 2:00–2:45 PM	Arthritis Aquatics Basic 12:00–12:45 PM	Gentle Yoga 12:00–1:00 PM	
Zumba Gold 5:30–6:15 PM	Power Pump 5:30–6:15 PM	P90X 5:30–6:15 PM	P90X 5:15–6:10 PM	Arthritis Aquatics Basic 12:05–12:50 PM	
Boot Camp 5:30–6:15 PM	Gentle Yoga 5:45–6:45 PM	RIPPED 6:30–7:30 PM	Zumba Gold 5:30–6:15 PM	Zumba 5:30–6:15 PM	
Kickboxing 6:30–7:15 PM	Barre 6:00–7:00 PM		Gentle Yoga 5:45–6:45 PM		
			Tango Essentials 6:30–7:30 PM		



Please check the website for complete descriptions and current schedule. Classes are subject to change. MonroeCountyYMCA.org



CLASSES INCLUDED IN YOUR MEMBERSHIP 2017

Northwest

WINTER/SPRING
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Power Pump 9:30–10:15 AM RIPPED 5:30–6:30 PM 30 in 30 (30 exercises in 30 min.) 6:45–7:15 PM	Aqua Fit Light & Easy Shallow 9:00–9:45 AM High Intensity Interval Training (HIIT) 9:30–10:15 AM Aqua Fit Deep 4:00–4:45 PM Zumba 4:30–5:15 PM Turbo Kick 5:30–6:15 PM	Fit Mix 6:00–6:45 AM Power Pump 9:30–10:15 AM Insanity 5:30–6:30 PM Power Pump 6:45–7:30 PM	Aqua Fit Light & Easy Shallow 9:00–9:45 AM High Intensity Interval Training (HIIT) 9:30–10:15 AM Zumba 4:30–5:15 PM RIPPED 5:30–6:30 PM PiYo 6:45–7:30 PM	P90X Live 10:00–10:55 AM	P90X Live 9:05–10:00 AM Zumba 10:15–11:00 AM	Fit Mix 4:00–4:45 PM

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MonroeCountyYMCA.org

SEE
CLASSES
ON THE
BACK!

