



# CLASSES INCLUDED IN YOUR MEMBERSHIP 2017

## Southeast SPRING Session 3: April 17-June 4

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	
Power Pump 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](http://MonroeCountyYMCA.org)



# CLASSES INCLUDED IN YOUR MEMBERSHIP 2017

## Northwest

SPRING

Session 3: April 17-June 4

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

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SEE  
CLASSES  
ON THE  
BACK!

