



# CLASSES INCLUDED IN YOUR MEMBERSHIP 2018

## Southeast WINTER/SPRING 2018

Session 1: January 2-February 18

Session 2: February 19-April 15

Session 3: April 16-June 3

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 7:30-8:45 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 9:30-10:30 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	
Power Pump 9:15-10:15 AM	Zumba 9:15-10:00 AM	Power Pump 9:15-10:15 AM	PiYo 9:30-10:15 AM	Morning Mix 8:15-9:00 AM	
Step Aerobics 9:15-10:15 AM	Barre 10:15-11:15 AM	Zumba 9:15-10:00 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	Power Flow Yoga 10:45-11:45 AM	Kickboxing 10:30-11:15 AM	Power Pump 9:15-10:15 AM	
Power Flow Yoga 11:30 AM-12:30 PM	Arthritis Aquatics Plus 10:45-11:30 AM	Arthritis Aquatics Basic 12:05-12:50 PM	Arthritis Aquatics Plus 10:45-11:30 AM	Just Stretch 10:30-11:00 AM	
Arthritis Aquatics Basic 12:05-12:50 PM	Tai Chi for Arthritis 11:30 AM-12:15 PM	Sitting Fit W/Yoga 2:00-2:45 PM	Tai Chi for Arthritis 11:30 AM-12:15 PM	Cycle and Circuit 10:30-11:30 AM	
Gentle Yoga 12:30-1:30 PM	Arthritis Aquatics Basic 12:00-12:45 PM	Pop Pilates 5:30-6:25 PM	Arthritis Aquatics Basic 12:00-12:45 PM	Core Flow Yoga 10:45-11:45 AM	
Sitting Fit W/Yoga 2:00-2:45 PM	Power Pump 5:30-6:15 PM	RIPPED 6:35-7:35 PM	P90X 5:15-6:10 PM	Gentle Yoga 12:00-1:00 PM	
Zumba Gold 5:30-6:15 PM	Gentle Yoga 5:45-6:45 PM		Zumba Gold 5:30-6:15 PM	Arthritis Aquatics Basic 12:05-12:50 PM	
Boot Camp 5:30-6:15 PM	Barre 5:45-6:45 PM		Gentle Yoga 5:45-6:45 PM		
Insanity 6:30-7:15 PM			Power Flow Yoga 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 2018 Northwest

WINTER/SPRING 2018

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fit Mix 6:00-6:45 AM	Power Pump 6:00-6:45 AM	Fit Mix 6:00-6:45 AM	Power Pump 6:00-6:45 AM	PiYo 10:00-10:45 am	P90X Live 9:05-10:00 AM	
Morning Mix 8:30-9:15AM	Aqua Fit Light & Easy Shallow 9:00- 9:45 AM	Morning Mix 8:30-9:15AM	Aqua Fit Light & Easy Shallow 9:00-9:45 AM		Zumba 10:15-11:00 AM	
Power Pump 9:30-10:15 AM	High Intensity Interval Training (HIIT) 9:30-10:15 AM	Power Pump 9:30-10:15 AM	P90X Live 9:30-10:25 AM			
RIPPED 5:30-6:30 PM	Aqua Fit Deep 4:15-5:00 PM	Insanity 5:30-6:30 PM	Power Pump 4:30-5:15 PM			
30 in 30 (30 exercises in 30 min.) 6:45-7:15 PM	Turbo Kick 5:30-6:15 PM	Zumba 6:45-7:30 PM	RIPPED 5:30-6:30 PM			

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