



# CLASSES INCLUDED IN YOUR MEMBERSHIP 2018

**Southeast** WINTER/SPRING 2018  
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<br>6:00-6:45 AM                                | RIPPED<br>6:00-7:00 AM                        | Boot Camp<br>6:00-6:45 AM                     | RIPPED<br>6:00-7:00 AM                        | Boot Camp<br>6:00-6:45 AM                     | RIPPED<br>7:30-8:45 AM   |
| Power Pump<br>8:00-9:00 AM                               | Aqua Fit Deep<br>8:50-9:45 AM                 | Power Pump<br>8:00-9:00 AM                    | Aqua Fit Deep<br>8:50-9:45 AM                 | Power Pump<br>8:00-9:00 AM                    | Cycling<br>9:15-10:00 AM |
| Morning Mix<br>8:15-9:00 AM                              | Bootcamp<br>9:15-10:15 AM                     | Morning Mix<br>8:15-9:00 AM                   | Zumba<br>9:15-10:00 AM                        | Yoga/Pilates Mix<br>8:15-9:15 AM              | RIPPED<br>9:30-10:30 AM  |
| Power Pump<br>9:15-10:15 AM                              | Zumba<br>9:15-10:00 AM                        | Power Pump<br>9:15-10:15 AM                   | PiYo<br>9:30-10:15 AM                         | Morning Mix<br>8:15-9:00 AM                   |                          |
| Step Aerobics<br>9:15-10:15 AM                           | Barre<br>10:15-11:15 AM                       | Zumba<br>9:15-10:00 AM                        | Bosu Strength<br>Circuit<br>10:15-10:45 AM    | Cardio Blast<br>9:15-10:15 AM                 |                          |
| Posture and Balance<br>Through Pilates<br>10:45-11:45 AM | Bosu Strength<br>Circuit<br>10:15-10:45 AM    | HIIT Express<br>10:15-10:45 AM                | Kickboxing<br>10:30-11:15 AM                  | Power Pump<br>9:15-10:15 AM                   |                          |
| Power Flow Yoga<br>11:30 AM-12:30 PM                     | Arthritis Aquatics<br>Plus<br>10:45-11:30 AM  | Power Flow Yoga<br>10:45-11:45 AM             | Arthritis Aquatics<br>Plus<br>10:45-11:30 AM  | Just Stretch<br>10:30-11:00 AM                |                          |
| Arthritis Aquatics<br>Basic<br>12:05-12:50 PM            | Tai Chi for<br>Arthritis<br>11:30 AM-12:15 PM | Arthritis Aquatics<br>Basic<br>12:05-12:50 PM | Tai Chi for Arthritis<br>11:30 AM-12:15 PM    | Cycle and Circuit<br>10:30-11:30 AM           |                          |
| Gentle Yoga<br>12:30-1:30 PM                             | Arthritis Aquatics<br>Basic<br>12:00-12:45 PM | Sitting Fit W/Yoga<br>2:00-2:45 PM            | Arthritis Aquatics<br>Basic<br>12:00-12:45 PM | Core Flow Yoga<br>10:45-11:45 AM              |                          |
| Sitting Fit W/Yoga<br>2:00-2:45 PM                       | Arthritis Aquatics<br>Basic<br>12:00-12:45 PM | 15/15/15<br>5:30-6:25 PM                      | P90X<br>5:15-6:10 PM                          | Gentle Yoga<br>12:00-1:00 PM                  |                          |
| Zumba Gold<br>5:30-6:15 PM                               | Power Pump<br>5:30-6:15 PM                    | RIPPED<br>6:35-7:35 PM                        | Zumba Gold<br>5:30-6:15 PM                    | Arthritis Aquatics<br>Basic<br>12:05-12:50 PM |                          |
| Boot Camp<br>5:30-6:15 PM                                | Gentle Yoga<br>5:45-6:45 PM                   |   | Gentle Yoga<br>5:45-6:45 PM                   |   |                          |
|  | Barre<br>5:45-6:45 PM                         |   | Power Flow Yoga<br>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<br>6:00-6:45 AM                                  | Power Pump<br>6:00-6:45 AM                                     | Fit Mix<br>6:00-6:45 AM     | Power Pump<br>6:00-6:45 AM                                     | PiYo<br>10:00-10:45 am | P90X Live<br>9:05-10:00 AM |        |
| Morning Mix<br>8:30-9:15AM                               | Aqua Fit<br>Light & Easy<br>Shallow<br>9:00- 9:45 AM           | Morning Mix<br>8:30-9:15AM  | Aqua Fit<br>Light & Easy<br>Shallow<br>9:00-9:45 AM            |                        | Zumba<br>10:15-11:00 AM    |        |
| Power Pump<br>9:30-10:15 AM                              | High Intensity<br>Interval Training<br>(HIIT)<br>9:30-10:15 AM | Power Pump<br>9:30-10:15 AM | High Intensity<br>Interval Training<br>(HIIT)<br>9:30-10:15 AM |                        |                            |        |
| RIPPED<br>5:30-6:30 PM                                   | Aqua Fit Deep<br>4:15-5:00 PM                                  | Insanity<br>5:30-6:30 PM    | RIPPED<br>5:30-6:30 PM   |                        |                            |        |
| 30 in 30<br>(30 exercises in<br>30 min.)<br>6:45-7:15 PM | Turbo Kick<br>5:30-6:15 PM                                     | Zumba<br>6:45-7:30 PM       | Power Pump<br>6:45-7:30 PM                                     |                        |                            |        |

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**MonroeCountyYMCA.org**

