



# MONROE COUNTY YMCA

**NORTHWEST BRANCH**  
 1375 N. Wellness Way  
 Bloomington, IN 47404  
 812-331-5556

Questions? Contact Jen Miller,  
 812-961-2364 or  
 jmiller@monroecountymca.org  
 For class descriptions and more program  
 information, see program catalog or  
 monroecountymca.org

Prices are listed for members/non-members

## SMALL GROUP FITNESS CLASSES FALL 2018

### Northwest Branch Session 6: Sept. 10 - Oct. 28 Session 7: Oct. 29 - Dec. 16

**KEY:** **B** - Basic, **I** - Intermediate, **ML** - Multi-Level, **A** - Advanced

<b>AQUA CONDITIONING <b>I</b></b>				<b>YOGA 1 <b>B</b></b>			
W	11:45-12:30 pm	Lap Lanes	\$45/\$113	T/Th	11:45-12:45 pm	Group Ex B	\$58/\$145
<b>TRX CARDIO <b>I</b></b>							
F	9:00-10:00 am	Group Ex AB	\$45/\$113				
T	5:30-6:30 pm	Group Ex B	\$45/\$113				

### CLASSES INCLUDED IN YOUR MEMBERSHIP 2018

The classes below 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	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	
Power Pump 9:30-10:30 AM	Aqua Fit Shallow 8:00-8:45 AM	Cardio Blast 8:30-9:15 AM	Aqua Fit Shallow 9:00-9:45 AM		Zumba 10:15-11:00 AM	
30 Minute Water Running 11:45am-12:15pm	Aqua Fit Shallow 9:00-9:45 AM	Power Pump 9:30-10:30 AM	High Intensity Interval Training (HIIT) 9:30-10:15 AM			
RIPPED 5:30-6:30 PM	High Intensity Interval Training (HIIT) 9:30-10:15 AM	P90X LIVE 5:30-6:30 PM	CIZE 5:30pm-6:30 PM			
	Aqua Fit Deep 4:15-5:00 PM	Zumba 6:45-7:30 PM				



# CLASSES INCLUDED IN YOUR MEMBERSHIP 2018

## Southeast FALL 2018

Session 6: September 10–October 28

Session 7: October 29–December 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 7:30–8:45 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	Cycling 9:15–10:00 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	RIPPED 9:30–10:30 AM
Power Pump 9:15–10:15 AM	Zumba 9:15–10:00 AM	Power Pump 9:15–10:15 AM	PiYo 9:15–10:15 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 10:30–11:00 AM	Cardio Blast 9:15–10:15 AM	
Posture and Balance Through Pilates 10:45–11:45 AM	Bosu Strength Circuit 10:30–11:00 AM	Power Flow Yoga 10:45–11:45 AM	Arthritis Aquatics Plus 10:45–11:30 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 Basic 12:00–12:45 PM	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	P90X 5:30–6:25 PM	Cycle and Circuit 10:30–11:30 AM	
Gentle Yoga 12:30–1:30 PM	Arthritis Aquatics Basic 12:00–12:45 PM	Cardio Sculpt 4:30–5:15 pm	Zumba Gold 5:30–6:15 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	Boot Camp 5:30–6:25 PM	Gentle Yoga 5:45–6:45 PM	Gentle Yoga 12:00–1:00 PM	
Barre 5:30–6:30 PM	Zumba Gold 5:30–6:15 PM	Barre 5:30–6:30pm	Power Flow Yoga 6:30–7:30 PM	Arthritis Aquatics Basic 12:05–12:50 PM	
Boot Camp 5:30–6:25 PM	Gentle Yoga 5:45–6:45 PM	RIPPED 6:35–7:35 PM			

Please check the website for complete descriptions and current schedule. Classes are subject to change. [MonroeCountyYMCA.org](http://MonroeCountyYMCA.org)