



# CLASSES INCLUDED IN YOUR MEMBERSHIP 2018

**Southeast** **SUMMER 2018**  
Session 5 July 23–Sept 9

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	Zumba 9:15–10:00 AM	Morning Mix 8:15–9:00 AM	Zumba 8:30–9:15 AM	Yoga/Pilates Mix 8:15–9:15 AM	
Power Pump 9:15–10:15 AM	Outdoor Bootcamp 9:15–10:15am	Power Pump 9:15–10:15 AM	PiYo 9:30–10:15 AM	Morning Mix 8:15–9:00 AM	
Posture and Balance Through Pilates 10:45–11:45 AM	Barre 10:15–11:15 AM	Power Flow Yoga 10:45–11:45 AM	Bosu Strength Circuit 10:30–11:00 AM	Cardio Blast 9:15–10:15 AM	
Power Flow Yoga 11:30 AM–12:30 PM	Bosu Strength Circuit 10:30–11:00 AM	Arthritis Aquatics Basic 12:05–12:50 PM	Arthritis Aquatics Plus 11:05–11:50 AM	Power Pump 9:15–10:15 AM	
Arthritis Aquatics Basic 12:05–12:50 PM	Arthritis Aquatics Plus 11:05–11:50 AM	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	Tai Chi for Arthritis 11:30 AM–12:15 PM	Cardio Sculpt NEW! 4:30–5:15 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	Arthritis Aquatics Basic 12:00–12:45 PM	15/15/15 5:30–6:25 PM	P90X 5:15–6:10 PM	Gentle Yoga 12:00–1:00 PM	
Zumba Gold 5:30–6:15 PM	Power Pump 5:30–6:15 PM	RIPPED 6:35–7:35 PM	Zumba Gold 5:30–6:15 PM	Arthritis Aquatics Basic 12:05–12:50 PM	
Boot Camp 5:30–6:15 PM	Gentle Yoga 5:45–6:45 PM		Gentle Yoga 5:45–6:45 PM		
	Barre 5:45–6:45 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)



# 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 SUMMER 2018 Northwest Branch Session 5: July 23-Sept 9

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

**TRX CARDIO** **I** **YOGA I** **B**  
 F 9:00-10:00 am Group Ex AB \$45/\$113 T/Th 11:45am-12:45pm Group Ex AB \$54/\$145

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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	
Power Pump 9:30-10:15 AM	Aqua Fit Light & Easy Shallow 9:00- 9:45 AM	Cardio Blast 8:30-9:15 AM	Aqua Fit Light & Easy Shallow 9:00-9:45 AM		Zumba 10:15-11:00 AM	
RIPPED 5:30-6:30 PM	High Intensity Interval Training (HIIT) 9:30-10:15 AM	Power Pump 9:30-10:15 AM	High Intensity Interval Training (HIIT) 9:30-10:15 AM			
	Aqua Fit Deep 4:15-5:00 PM	Insanity 5:30-6:30 PM	RIPPED 5:30-6:30 PM			
	Turbo Kick 5:30-6:15 PM	Zumba 6:45-7:30 PM				