



# MONROE COUNTY YMCA

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

Questions? Contact Amy Plunkett,  
812-961-2171 or  
aplunkett@monroecountyyymca.org.  
For class descriptions and more program  
information, see program catalog or  
monroecountyyymca.org

Prices are listed for members/non-members

## SMALL GROUP FITNESS CLASSES Northwest Branch

SUMMER 2018

Session 4: June 4-July 22

Session 5: July 23-Sept 9

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

### AQUA FIT DEEP INTERVAL **ML**

Th 4:15-5:00 pm Lap Lanes \$31/\$78

### CIZE **ML**

M 10:30-11:15 am Group Ex AB \$31/\$78

### IRON PUMP **ML**

F 9:00-9:45 am Group Ex A \$31/\$78

### TOTAL BODY STRENGTH **ML**

T 6:30-7:15 pm Group Ex A \$45/\$113

### TRX **I**

F 9:00-9:45 am Group Ex B \$39/\$98

See other side for classes included  
in your membership.