



# 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

WINTER/SPRING 2018

Session 3: April 16-June 3

**KEY:** **B** - Basic, **I** - Intermediate, **ML** - Multi-Level, **A** - Advanced    **♥** - Included in Your Membership

<b>AQUA FIT DEEP INTERVAL</b> <b>ML</b>				<b>TRX</b> <b>I</b> <b>NEW</b>			
Th	4:15-5:00 pm	Lap Lanes	\$31/\$78	F	9:00-9:45 am	Group Ex B	\$39/\$98
<b>CIZE</b> <b>ML</b>				<b>YOGA 2</b> <b>I</b> <b>NEW</b>			
M	10:30-11:15 am	Group Ex AB	\$31/\$78	T/Th	11:30 am-12:30 pm	Group Ex AB	\$58/\$145
<b>IRON PUMP</b> <b>ML</b>							
F	9:00-9:45 am	Group Ex AB	\$31/\$78				
<b>TOTAL BODY STRENGTH</b> <b>ML</b>							
T	6:30-7:15 pm	Group Ex A	\$45/\$113				

See other side for classes included  
in your membership.