



MONROE COUNTY YMCA

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

Questions? Contact Jen Miller,
 812-961-2364 or
jmiller@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 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

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
<p style="color: #0056b3;">Fit Mix 6:00-6:45 AM</p> <p style="color: #0056b3;">Power Pump 9:30-10:15 AM</p> <p style="color: #0056b3;">RIPPED 5:30-6:30 PM</p>	<p style="color: #e91e63;">Power Pump 6:00-6:45 AM</p> <p style="color: #e91e63;">Aqua Fit Light & Easy Shallow 9:00- 9:45 AM</p> <p style="color: #e91e63;">High Intensity Interval Training (HIIT) 9:30-10:15 AM</p> <p style="color: #e91e63;">Aqua Fit Deep 4:15-5:00 PM</p> <p style="color: #e91e63;">Turbo Kick 5:30-6:15 PM</p>	<p style="color: #0056b3;">Fit Mix 6:00-6:45 AM</p> <p style="color: #0056b3;">Cardio Blast 8:30-9:15 AM</p> <p style="color: #0056b3;">Power Pump 9:30-10:15 AM</p> <p style="color: #0056b3;">Insanity 5:30-6:30 PM</p> <p style="color: #0056b3;">Zumba 6:45-7:30 PM</p>	<p style="color: #e91e63;">Power Pump 6:00-6:45 AM</p> <p style="color: #e91e63;">Aqua Fit Light & Easy Shallow 9:00-9:45 AM</p> <p style="color: #e91e63;">High Intensity Interval Training (HIIT) 9:30-10:15 AM</p> <p style="color: #e91e63;">RIPPED 5:30-6:30 PM</p>	<p style="color: #0056b3;">PiYo 10:00-10:45 am</p>	<p style="color: #e91e63;">P90X Live 9:05-10:00 AM</p> <p style="color: #e91e63;">Zumba 10:15-11:00 AM</p>	