



MONROE COUNTY YMCA

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

Questions? Contact Madison Surface,
 812-961-2364 or
msurface@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 1: January 2-February 18
 Session 2: February 19-April 15
 Session 3: April 16-June 3

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

AQUA FIT DEEP INTERVAL ML

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

TRX I NEW

T	8:30-9:15 am	Group Ex B	\$39/\$98
Th	6:45-7:30 pm	Group Ex B	\$39/\$98
F	9:00-9:45 am	Group Ex B	\$39/\$98

CIZE ML

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

YOGA 1 B

M/W 4:00-5:00 pm Group Ex B \$58/\$145

IRON PUMP ML

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

YOGA 2 I NEW

T/Th 11:30 am-12:30 pm Group Ex AB \$58/\$145

TOTAL BODY STRENGTH ML

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

YOGA FUSION I

T 6:30-7:30 pm Group Ex B \$35/\$88

TRED N SHED ML

Th 8:30-9:15 am Wellness Center Treadmills \$31/\$78



CLASSES INCLUDED IN YOUR MEMBERSHIP 2018 Northwest

WINTER/SPRING 2018

Session 1: January 2-February 18

Session 2: February 19-April 15

Session 3: April 16-June 3

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	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	
Morning Mix 8:30-9:15AM	Aqua Fit Light & Easy Shallow 9:00- 9:45 AM	Morning Mix 8:30-9:15AM	Aqua Fit Light & Easy Shallow 9:00-9:45 AM		Zumba 10:15-11:00 AM	
Power Pump 9:30-10:15 AM	High Intensity Interval Training (HIIT) 9:30-10:15 AM	Power Pump 9:30-10:15 AM	P90X Live 9:30-10:25 AM			
RIPPED 5:30-6:30 PM	Aqua Fit Deep 4:15-5:00 PM	Insanity 5:30-6:30 PM	Power Pump 4:30-5:15 PM			
30 in 30 (30 exercises in 30 min.) 6:45-7:15 PM	Turbo Kick 5:30-6:15 PM	Zumba 6:45-7:30 PM	RIPPED 5:30-6:30 PM			
			PiYo 6:45-7:30 PM			

Please check the website for complete descriptions and current schedule. Classes are subject to change.
MonroeCountyYMCA.org

