



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 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**

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

**See other side for classes included
 in your membership.**



CLASSES INCLUDED IN YOUR MEMBERSHIP 2018

Northwest WINTER/SPRING 2018

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			

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

