



MONROE COUNTY YMCA

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

Questions? Contact Jen Miller, (812) 961-2364
 or jmiller@monroecountyymca.org
 For class descriptions and more program
 information, see program catalog on
www.monroecountyymca.org

Prices are listed for members/non-members

SMALL GROUP FITNESS CLASSES

Northwest Branch

SUMMER
 June 2019

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

BARRE **ML**

T	9:30-10:30 am	Barre Studio	\$22/\$55
T/Th	9:30-10:30 am	Barre Studio	\$38/\$95
Th	9:30-10:30 am	Barre Studio	\$22/\$55
Sat	10:30-11:30 am	Barre Studio	\$22/\$55

PILATES FUSION **ML**

M	9:30-10:30 am	Barre Studio	\$22/\$55
M/W	9:30-10:30 am	Barre Studio	\$38/\$95
W	9:30-10:30 am	Barre Studio	\$22/\$55
Sat	9:15-10:15 am	Barre Studio	\$22/\$55

POWER PUMP PLUS **I**

T	5:30-6:15 pm	Group Ex AB	\$28/ \$70
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TRX CARDIO **I**

F	9:00-10:00 am	Group Ex AB	\$31/ \$88
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SYNRGY360 **ML**

M	5:30-6:15 pm	Synrgy Studio
W	6:00-6:45 pm	Synrgy Studio
Th	6:00-6:45 am	Synrgy Studio
Sat	9:30-10:15 am	Synrgy Studio

Unlimited Synrgy360 per month: \$40/\$100
 Six classes in a six-week period: \$60/\$108
 See Synrgy360 flier for more information

YOGA 1 **B**

T/Th	11:30 am-12:30pm	Group Ex B	\$38/\$95
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We welcome drop-ins into our paid-for classes. Please stop at the Welcome Center to determine availability in our classes and to register. Drop-in fee: \$7/\$15.

Cancellation Policy: The YMCA reserves the right to cancel any program which does not meet minimum enrollment standards.

CLASSES INCLUDED IN YOUR MEMBERSHIP

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
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	
Power Pump 9:30-10:30 AM	Aqua Fit Shallow 8:00-8:45 AM	Cardio Blast 8:30-9:15 AM	Aqua Fit Shallow 9:00-9:45 AM		Zumba 10:15-11:00 AM	
30 Minute Water Running 11:45 AM-12:15PM	Aqua Fit Shallow 9:00-9:45 AM	Power Pump 9:30-10:30 AM	High Intensity Interval Training (HIIT) 9:30-10:15 AM			
RIPPED 5:30-6:30 PM	High Intensity Interval Training (HIIT) 9:30-10:15 AM	Aqua Fit Deep 10:30-11:15 AM	Cardio Kickboxing 5:30-6:15 PM			
		P90X LIVE 5:30-6:30 PM				
		Zumba 6:45-7:30 PM				

ROOM KEY: Group Ex AB Lap Lanes Teaching Well Gym