



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 WINTER 2019

Northwest Branch

Session 1: January 2–February 17
 Session 2: February 18–April 14
 Session 3: April 15–June 2

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

AQUA CONDITIONING **I**

W 11:45 am–12:30 pm Lap Lanes \$35/\$88

TRX CARDIO **I**

F 9:00–10:00 am Group Ex AB \$50/\$125

TRX SUSPENSION TRAINING **I**

T 5:30–6:15 pm Group Ex B \$45/\$113

IRON PUMP **I**

M 11:45 am–12:30 pm \$35/\$88

YOGA 1 **B**

T/Th 11:45–12:45 pm Group Ex B \$58/\$145

BARRE **ML**

M	5:30–6:20 pm	Barre Studio	\$35/\$88
T	10:30–11:20 am	Barre Studio	\$35/\$88
T/Th	10:30–11:20 am	Barre Studio	\$58/\$145
Th	10:30–11:20 am	Barre Studio	\$35/\$88
Th	4:30–5:20 pm	Barre Studio	\$35/\$88

PILATES FUSION **ML**

M 11:45 am–12:35 pm Barre Studio \$35/\$88

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 2019

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–12:15 PM	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	CIZE 5:30pm–6:30 PM			
		P90X LIVE 5:30–6:30 PM				
		Zumba 6:45–7:30 PM				