



# 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 on  
 www.monroecountyyymca.org

Prices are listed for members/non-members

## SMALL GROUP FITNESS CLASSES

### Northwest Branch

### WINTER 2019

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

**BARRE** **ML**

T	9:30-10:30 am	Barre Studio	\$35/\$88
T/Th	9:30-10:30 am	Barre Studio	\$58/\$145
Th	9:30-10:30 am	Barre Studio	\$35/\$88
Sat	9:15-10:15 am	Barre Studio	\$35/\$88

**PILATES FUSION** **ML**

M	9:30-10:30am	Barre Studio	\$35/\$88
M/W	9:30-10:30am	Barre Studio	\$58/\$145
W	9:30-10:30am	Barre Studio	\$35/\$88

**TRX CARDIO** **I**

F	9:00-10:00 am	Group Ex AB	\$50/\$125
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**YOGA 1** **B**

T/Th	11:45 am-12:45 pm	Group Ex B	\$58/\$145
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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 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-12:15PM	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	CIZE 5:30pm-6:30 PM			
		P90X LIVE 5:30-6:30 PM				
		Zumba 6:45-7:30 PM				