



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

GROUP EXERCISE Northwest Branch

Session 5: August 14–October 15
 Session 6: October 16–December 17

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

30 IN 30 ML				HIGH INTENSITY INTERVAL TRAINING (HIIT) B			
M	6:45-7:15 pm	Group Ex B	♥	T	9:30-10:15 am	Group Ex B	♥
30 MINUTE WATER RUNNING I				INSANITY A			
M	11:45-12:15 pm	Lap Lanes	\$39/\$98	W	5:30-6:30 pm	Group Ex B	♥
AQUA CONDITIONING I				IRON PUMP ML			
W/F	11:45 am-12:15 pm	Lap Lanes	\$46/\$115	W	10:30-11:15 am	Group Ex AB	\$41/\$103
AQUA FIT DEEP INTERVAL ML				MORNING MIX B NEW			
Th	4:00-4:45 pm	Lap Lanes	\$41/\$103	M/W	8:15-9:00 am	Group Ex AB	♥
AQUA FIT DEEP WATER ML				P90X ML			
T	4:00-4:45 pm	Lap Lanes	♥	Th	9:30-10:25 am	Group Ex AB	♥
AQUA FIT LIGHT & EASY SHALLOW B				Sat	9:05-10:00 am	Gym	♥
T/Th	9:00-9:45 am	Teaching Well	♥	PIYO ML			
AQUA FIT SHALLOW ML				Th	6:45-7:30 pm	Group Ex AB	♥
T	5:45-6:30 pm	Teaching Well	\$41/\$103	F	11:15-12:00	Group Ex AB	♥
W	10:30-11:15 am	Teaching Well	\$41/\$103				
CIZE ML							
M	10:30-11:15 am	Group Ex AB	\$41/\$103				
FIT MIX ML							
Sun	4:00-4:45 pm	Group Ex AB	♥				
M/W	6:00-6:45 am	Group Ex AB	♥				

More classes on the back!

POWER PUMP ML

M	9:30-10:15 am	Group Ex AB	♥
M/W	6:00-6:45 am	Group Ex AB	♥
W	9:30- 10:15 am	Group Ex AB	♥
Th	4:30-5:15 pm	Group Ex AB	♥

R.I.P.P.E.D. ML

M	5:30-6:30 pm	Group Ex AB	♥
Th	5:30-6:30 pm	Group Ex AB	♥

TOTAL BODY STRENGTH ML

T	6:30-7:15 pm	Group Ex A	\$58/\$145
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INTERVAL RUNNING ML

Th	8:30-9:15 am	Meets outside by benches	\$41/\$103
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TRX I NEW

T	10:45-11:15 am	Group Ex B	\$39/\$98
F	9:00-9:30 am	Group Ex B/Outside	\$39/\$98

TURBO KICK I

T	5:30-6:15 pm	Group Ex AB	♥
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YOGA 1 B

M/W	4:00-5:00 pm	Group Ex B	\$68/\$170
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YOGA 2 I NEW

M/W	11:30 am-12:30 pm	Group Ex AB	\$68/\$170
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YOGA FUSION I

T	6:30-7:30 pm	Group Ex B	\$41/\$103
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ZUMBA B

T	4:30-5:15 pm	Group Ex AB	♥
W	6:45-7:30 pm	Group Ex AB	♥
Sat	10:15-11:00 am	Group Ex AB	♥