



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

FALL

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**

M 6:45-7:15 pm Group Ex B ♥

30 MINUTE WATER RUNNING **I**

M 11:45-12:15 pm Lap Lanes \$39/\$98

AQUA CONDITIONING **I**

W/F 11:45 am-12:15 pm Lap Lanes \$46/\$115

AQUA FIT DEEP INTERVAL **ML**

Th 4:15-5:00 pm Lap Lanes \$41/\$103

AQUA FIT DEEP WATER **ML**

T 4:15-5:00 pm Lap Lanes ♥

AQUA FIT LIGHT & EASY SHALLOW **B**

T/Th 9:00-9:45 am Teaching Well ♥

AQUA FIT SHALLOW **ML**

T 5:45-6:30 pm Teaching Well \$41/\$103

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 ♥

HIGH INTENSITY INTERVAL TRAINING (HIIT) **B**

T 9:30-10:15 am Group Ex B ♥

INSANITY **A**

W 5:30-6:30 pm Group Ex B ♥

IRON PUMP **ML**

W 10:30-11:15 am Group Ex AB \$41/\$103

MORNING MIX **B** NEW

M/W 8:15-9:00 am Group Ex AB ♥

P90X **ML**

Th 9:30-10:25 am Group Ex AB ♥

Sat 9:05-10:00 am Gym ♥

PIYO **ML**

Th 6:45-7:30 pm Group Ex AB ♥

F 11:15-12:00 Group Ex AB ♥

More classes on the back!

POWER PUMP ML

M	9:30-10:15 am	Group Ex AB	♥
T/Th	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	♥