



# MONROE COUNTY YMCA

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

Questions? Contact Amy Plunkett 812-961-2364 or email [aplunkett@monroecountyymca.org](mailto:aplunkett@monroecountyymca.org).  
 For class descriptions and more program information, see program catalog or [monroecountyymca.org](http://monroecountyymca.org)

Prices are listed for members/non-members

## GROUP EXERCISE

### Northwest Branch

**WINTER/SPRING 2017**  
 Session 2: Feb 20 - April 16  
 Session 3: April 17 - June 3

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

<p><b>30 IN 30</b> <b>ML</b>            M 6:45-7:15 pm      Group Ex B      ♥</p>	<p><b>HIGH INTENSITY INTERVAL TRAINING (HIIT)</b> <b>ML</b>            T/Th 9:30 - 10:15 am      Group Ex B      ♥</p>
<p><b>AQUA CONDITIONING</b> <b>I</b>            M/W/F 11:45 am-12:15 pm      Lap Lanes      \$63/\$129</p>	<p><b>INSANITY</b> <b>A</b>            W 5:30 - 6:30 pm      Group Ex B      ♥</p>
<p><b>AQUA FIT DEEP INTERVAL</b> <b>ML</b>            Th 4:00 - 4:45 pm      Lap Lanes      \$32/\$80</p>	<p><b>IRON PUMP</b> <b>ML</b>            W 10:30-11:15 am      Group Ex AB      \$32/\$80</p>
<p><b>AQUA FIT DEEP WATER</b> <b>ML</b>            T 4:00 - 4:45 pm      Lap Lanes      ♥</p>	<p><b>PIYO</b> <b>ML</b>            Th 6:45 - 7:30 pm      Group Ex AB      ♥</p>
<p><b>AQUA FIT LIGHT &amp; EASY SHALLOW</b> <b>I</b>            T/Th 9:00 - 9:45 am      Teaching Well      ♥</p>	<p><b>POWER PUMP</b> <b>ML</b>            M 9:30 - 10:15 am      Group Ex AB      ♥            W 9:30 - 10:15 am      Group Ex B      ♥            W 6:45 - 7:30 pm <b>NEW!</b>      Group Ex AB      ♥</p>
<p><b>AQUA FIT SHALLOW</b> <b>ML</b> <b>NEW!</b>            W 10:30 - 11:15 am      Teaching Well      \$32/\$80</p>	<p><b>R.I.P.P.E.D.</b> <b>ML</b>            M 5:30 - 6:30 pm      Group Ex AB      ♥            Th 5:30 - 6:30 pm      Group Ex AB      ♥</p>
<p><b>P90X</b> <b>ML</b>            F 10:00-10:55 am <b>NEW!</b>      Group Ex AB      ♥            Sat 9:05-10:00 am      Gym      ♥</p>	<p><b>TOTAL BODY STRENGTH</b> <b>ML</b>            T 6:30 - 7:15 pm      Group Ex A      \$45/\$113            Th 10:30-11:15 am <b>NEW!</b>      Group Ex A      \$45/\$113</p>
<p><b>CIZE</b> <b>ML</b>            M 10:30 - 11:15 am      Group Ex AB      \$32/\$80</p>	
<p><b>FIT MIX</b> <b>ML</b>            Sun 4:00 - 4:45 pm      Group Ex AB      ♥            W 6:00 - 6:45 am      Group Ex AB      ♥</p>	

**More classes on the back!**

# Group Exercise Northwest Branch (con't)

## TREAD AND SHRED

F 8:45-9:30 am **NEW!** Wellness Center \$32/\$80

## TRX

T 10:30 - 11:00 am Group Ex B \$30/\$75

## TURBO KICK

T 5:30 - 6:15 pm Group Ex AB 

## YOGA 1

M/W 4:00 - 5:00 pm Group Ex B \$53/\$132

## YOGA FUSION

T 6:30-7:30 pm Group Ex. B \$36/\$90

F 8:45-9:45 am **NEW!** Group Ex. B \$36/\$90

## ZUMBA

T/Th 4:30 - 5:15 pm Group Ex AB 

Sat 10:15 - 11:00 am Group Ex AB 

**Classes are not prorated.**

### **Cancellation Policy**

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

Please see the annual catalog or our website for descriptions of each class.

Please arrive 15 minutes early to secure your space in the class.