



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.
 For class descriptions and more program information, see program catalog or monroecountyymca.org

Prices are listed for members/non-members

GROUP EXERCISE Northwest Branch

WINTER/SPRING 2017

Session 3: April 17 - June 4

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 ♥

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

T/Th 9:30 - 10:15 am Group Ex B ♥

AQUA CONDITIONING **I**

M/W/F 11:45 am-12:15 pm Lap Lanes \$54/\$111

INSANITY **A**

W 5:30 - 6:30 pm Group Ex B ♥

AQUA FIT DEEP INTERVAL **ML**

Th 4:00 - 4:45 pm Lap Lanes \$28/\$69

IRON PUMP **ML**

W 10:30-11:15 am Group Ex AB \$28/\$69

AQUA FIT DEEP WATER **ML**

T 4:00 - 4:45 pm Lap Lanes ♥

PIYO **ML**

Th 6:45 - 7:30 pm Group Ex AB ♥

AQUA FIT LIGHT & EASY SHALLOW **B**

T/Th 9:00 - 9:45 am Teaching Well ♥

POWER PUMP **ML**

M 9:30 - 10:15 am Group Ex AB ♥

AQUA FIT SHALLOW **ML**

W 10:30 - 11:15 am Teaching Well \$28/69

W 9:30 - 10:15 am Group Ex AB ♥

Th 4:30-5:15 pm **NEW!** Group Ex AB ♥

P90X **ML**

F 10:00-10:55 am Group Ex AB ♥
 Sat 9:05-10:00 am Gym ♥

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

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

CIZE **ML**

M 10:30 - 11:15 am Group Ex AB \$28/\$69

TOTAL BODY STRENGTH **ML**

T 6:30 - 7:15 pm Group Ex A \$39/\$97
 Th 10:30-11:15 am Group Ex A \$39/\$97

FIT MIX **ML**

Sun 4:00 - 4:45 pm Group Ex AB ♥
 W 6:00 - 6:45 am Group Ex AB ♥

More classes on the back!

Group Exercise Northwest Branch (con't)

TREAD AND SHRED

F 8:45-9:30 am Wellness Center \$28/\$69

TURBO KICK

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




YOGA 1

M/W 4:00 - 5:00 pm Group Ex B \$45/\$113

YOGA FUSION

T 6:30-7:30 pm Group Ex. B \$31/\$77
F 8:45-9:45 am Group Ex. B \$31/\$77

ZUMBA

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 

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.