



MONROE COUNTY YMCA

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

Questions? Contact Jen Miller,
 812-961-2364 or
jmiller@monroecountymca.org
 For class descriptions and more program
 information, see program catalog or
monroecountymca.org

Prices are listed for members/non-members

SMALL GROUP FITNESS CLASSES FALL 2018

Northwest Branch Session 6: Sept. 10 - Oct. 28 Session 7: Oct. 29 - Dec. 16

KEY: **B** - Basic, **I** - Intermediate, **ML** - Multi-Level, **A** - Advanced

AQUA CONDITIONING I				YOGA 1 B			
W	11:45-12:30 pm	Lap Lanes	\$45/\$113	T/Th	11:45-12:45 pm	Group Ex B	\$58/\$145
TRX CARDIO I							
F	9:00-10:00 am	Group Ex AB	\$45/\$113				
T	5:30-6:30 pm	Group Ex B	\$45/\$113				

CLASSES INCLUDED IN YOUR MEMBERSHIP 2018

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 11:45am-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	P90X LIVE 5:30-6:30 PM	CIZE 5:30pm-6:30 PM			
	Aqua Fit Deep 4:15-5:00 PM	Zumba 6:45-7:30 PM				