



MONROE COUNTY YMCA

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

Questions? Contact Jen Miller at (812) 961-2364 or jmiller@monroecountyymca.org.

For class descriptions and more program information, download our app!

Prices are listed for members/non-members

SMALL GROUP FITNESS CLASSES Northwest Branch

WINTER/SPRING 2020

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

BARRE **ML**

T	9:30-10:30 am	Barre Studio	\$23/\$56
T/Th	9:30-10:30 am	Barre Studio	\$39/\$96
Th	9:30-10:30 am	Barre Studio	\$23/\$56

YOGA 1 **B**

T	11:30 am-12:30 pm	Group Ex B	\$23/\$56
T/Th	11:30 am-12:30 pm	Group Ex B	\$39/\$96
Th	11:30 am-12:30 pm	Group Ex B	\$23/\$56

PILATES FUSION **ML**

M	10:00-11:00 am	Barre Studio	\$23/\$56
M/W	10:00-11:00 am	Barre Studio	\$39/\$96
W	10:00-11:00 am	Barre Studio	\$23/\$56
Sat	9:15-10:15 am	Barre Studio	\$23/\$56

We welcome drop-ins into our paid-for classes. Please stop at the Welcome Center to determine availability in our classes and to register. Drop-in fee for all classes: \$8/\$15.

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

TRX CARDIO **I**

F	9:00-10:00 am	Group Ex AB	\$32/\$89
---	---------------	-------------	-----------

Class schedule may be subject to change. Please see our mobile app for live updates.

CLASSES INCLUDED IN YOUR MEMBERSHIP

The classes below are included in your membership at no additional cost to introduce you to a new program or to 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	Core Fusion 10:15-11:00 AM	Zumba 10:15-11:00 AM	
30 Minute Water Running 11:45 AM-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	Deep Splash 10:00-10:45 AM				
	Boot Camp 5:30-6:15 PM	P90X LIVE 5:30-6:30 PM				
		Zumba 6:45-7:30 PM				

ROOM KEY: Group Ex AB Lap Lanes Teaching Well Gym Barre Studio