



# 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](mailto:jmiller@monroecountyymca.org)  
 For class descriptions and more program  
 information, see program catalog on  
[www.monroecountyymca.org](http://www.monroecountyymca.org)

Prices are listed for members/non-members

## SMALL GROUP FITNESS CLASSES Northwest Branch SEPTEMBER 2019

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

**BARRE** **ML**

T	9:30-10:30 am	Barre Studio	\$22/\$55
T/Th	9:30-10:30 am	Barre Studio	\$38/\$95
Th	9:30-10:30 am	Barre Studio	\$22/\$55
Sat	10:30-11:30 am	Barre Studio	\$22/\$55

**SYNRGY360** **ML**

M	5:30-6:15 pm	Synrgy Studio	
Th	6:00-6:45 am	Synrgy Studio	
Sat	9:30-10:15 am	Synrgy Studio	

Unlimited Synrgy360 per month: \$40/\$100 | Six classes in a six-week period: \$60/\$108  
 See Synrgy360 flier for more information.

**PILATES FUSION** **ML**

M	9:30-10:30 am	Barre Studio	\$22/\$55
M/W	9:30-10:30 am	Barre Studio	\$38/\$95
T	5:30-6:30 pm	Barre Studio	\$22/\$55
W	9:30-10:30 am	Barre Studio	\$22/\$55
Sat	9:15-10:15 am	Barre Studio	\$22/\$55

**YOGA 1** **B**

T	11:30 am-12:30 pm	Group Ex B	\$22/\$55
T/Th	11:30 am-12:30 pm	Group Ex B	\$38/\$95
Th	11:30 am-12:30 pm	Group Ex B	\$22/\$55

**TRX CARDIO** **I**

F	9:00-10:00 am	Group Ex AB	\$31/\$88
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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: \$8/\$15.

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

### CLASSES INCLUDED IN YOUR MEMBERSHIP

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
<b>Fit Mix</b> 6:00-6:45 AM	<b>Power Pump</b> 6:00-6:45 AM	<b>Fit Mix</b> 6:00-6:45 AM	<b>Power Pump</b> 6:00-6:45 AM	<b>PiYo</b> 10:00-10:45 AM	<b>P90X Live</b> 9:05-10:00 AM	
<b>Power Pump</b> 9:30-10:30 AM	<b>Aqua Fit Shallow</b> 8:00-8:45 AM	<b>Cardio Blast</b> 8:30-9:15 AM	<b>Aqua Fit Shallow</b> 9:00-9:45 AM	<b>Core Fusion</b> 10:15-11:00 AM	<b>Zumba</b> 10:15-11:00 AM	
<b>30 Minute Water Running</b> 11:45 AM-12:15PM	<b>Aqua Fit Shallow</b> 9:00-9:45 AM	<b>Power Pump</b> 9:30-10:30 AM	<b>High Intensity Interval Training (HIIT)</b> 9:30-10:15 AM			
<b>RIPPED</b> 5:30-6:30 PM	<b>High Intensity Interval Training (HIIT)</b> 9:30-10:15 AM	<b>Aqua Fit Deep</b> 10:00-10:45 AM	<b>Cardio Kickboxing</b> 5:30-6:15 PM			
		<b>P90X LIVE</b> 5:30-6:30 PM				
		<b>Zumba</b> 6:45-7:30 PM				

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