



CLASSES INCLUDED IN YOUR MEMBERSHIP

Southeast Y
Winter/Spring 2020

These classes are included in your membership to introduce you to new programs or supplement your existing class activities. **For a complete schedule with dates, times, and live updates, please visit our website or mobile app.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 6:00-6:45 AM	Aqua Fit Deep 8:50-9:45 AM	Boot Camp 6:00-6:45 AM	Aqua Fit Deep 8:50-9:45 AM	Boot Camp 6:00-6:45 AM	60 Minute Cycling 7:00-8:00 AM
Power Pump 8:00-9:00 AM	Zumba 9:15-10:00 AM	Power Pump 8:00-9:00 AM	Zumba 9:15-10:00 AM	Power Pump 8:00-9:00 AM	RIPPED 7:30-8:30 AM
Morning Mix 8:15-9:00 AM	HIIT Yoga 9:30-10:15 AM	Morning Mix 8:15-9:00 AM	PiYo 9:15-10:15 AM	Yoga/Pilates Mix 8:15-9:15 AM	RIPPED 9:30-10:30 AM
Power Pump 9:15-10:15 AM	Barre 10:15-11:15 AM	Zumba 9:15-10:00 AM	Bosu Strength Circuit 10:30-11:00 AM	Morning Mix 8:15-9:00 AM	
Step Aerobics 9:15-10:15 AM	Bosu Strength Circuit 10:30-11:00 AM	Power Pump 9:15-10:15 AM	Arthritis Aquatics Plus 10:45-11:30 AM	Cardio Blast 9:15-10:15 AM	
Posture and Balance Through Pilates 10:45-11:45 AM	Arthritis Aquatics Plus 10:45-11:30 AM	Power Flow Yoga 10:45-11:45 AM	Zumba Gold 5:30-6:15 PM	Power Pump 9:15-10:15 AM	
Power Flow Yoga 11:30 AM -12:30 PM	Arthritis Aquatics Plus 12:00-12:45 AM	Arthritis Aquatics Basic 12:05-12:50 PM	P90X 5:30-6:25 PM	Just Stretch 10:30-11:00 AM	
Arthritis Aquatics Basic 12:05-12:50 PM	Zumba Gold 5:30-6:15 PM	Sitting Fit: Chi Kung 2:00-2:45 PM	Gentle Yoga 5:45-6:45 PM	Cycle and Circuit 10:30-11:30 AM	
Gentle Yoga 12:30-1:30 PM	Gentle Yoga 5:45-6:45 PM	Barre 5:30-6:15 PM	Power Flow Yoga 6:30-7:30 PM	Core Flow Yoga 10:45-11:45 AM	
Sitting Fit : Yoga 2:00-2:45 PM	HIIT 6:30-7:00 PM	RIPPED 5:45-6:45 PM		Gentle Yoga 12:00-1:00 PM	
Just Core 5:00-5:20 PM				Arthritis Aquatics Basic 12:05-12:50 PM	
Barre 5:30-6:15 PM					
Cardio Kick HIIT 5:30-6:15 PM					
Vin to Yin 7:00-8:00 PM					

ROOM KEY: Cardinal Court ■ Cycle Studio ■ Fit Room 1 ■ Fit Room 2 ■
Main Pool ■ Multipurpose Pool ■ Yoga Studio ■

Please check the website for complete descriptions and current schedule. Classes are subject to change. For a complete schedule with dates, times, and live updates, please visit our website or mobile app.



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
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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