



CLASSES INCLUDED IN YOUR MEMBERSHIP

Southeast September 2019

These classes 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
Boot Camp 6:00-6:45 AM	RIPPED 6:00-7:00 AM	Boot Camp 6:00-6:45 AM	Aqua Fit Deep 8:50-9:45 AM	Boot Camp 6:00-6:45 AM	RIPPED 7:30-8:30 AM
Power Pump 8:00-9:00 AM	Aqua Fit Deep 8:50-9:45 AM	Power Pump 8:00-9:00 AM	Zumba 9:15-10:00 AM	Power Pump 8:00-9:00 AM	RIPPED 9:30-10:30 AM
Morning Mix 8:15-9:00 AM	Zumba 9:15-10:00 AM	Morning Mix 8:15-9:00 AM	PiYo 9:15-10:15 AM	Yoga/Pilates Mix 8:15-9:15 AM	
Power Pump 9:15-10:15 AM	HIIT Yoga 9:30-10:15 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	Barre 10:15-11:15 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	Bosu Strength Circuit 10:30-11:00 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 10:45-11:30 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	Arthritis Aquatics Plus 12:00-12:45 AM	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	Zumba Gold 5:30-6:15 PM	RIPPED 5:15-6:15 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	Gentle Yoga 5:45-6:45 PM	Barre 5:30-6:15 PM		Gentle Yoga 12:00-1:00 PM	
Just Core 5:00-5:20 PM	HIIT 6:30-7:00 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.
www.MonroeCountyYMCA.org



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, see program catalog on 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.

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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	Aqua Fit Deep 10:00-10:45 AM	Cardio Kickboxing 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