



# MONROE COUNTY YMCA

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

Questions? Contact Amy Plunkett 812-961-2364  
 or email [aplunkett@monroecountyymca.org](mailto:aplunkett@monroecountyymca.org).

For class descriptions and more program information,  
 see program catalog or [monroecountyymca.org](http://monroecountyymca.org)

Prices are listed for members/non-members

## GROUP EXERCISE Northwest Branch

Session 5 Aug 15–Oct 16  
 Session 6 Oct 17– Dec 18

**NEW 9-WEEK SESSIONS!**  
 Session dates have changed due to SE  
 facility improvements. See website or  
 Welcome Center for more details.

**KEY:** **B** - Basic, **I** - Intermediate, **ML** - Multi-Level, **A** - Advanced    ♥ - Included in Your Membership

**30 IN 30** **ML**  
 M 6:30 – 7:00 pm      Group Ex B      ♥

**30-MINUTE WATER RUNNING** **I**  
 M 11:45 – 12:15 pm      Lap Lanes      ♥

**AQUA BOOT CAMP** **I**  
 F 11:45 – 12:15 pm      Lap Lanes      ♥

**AQUA FIT DEEP WATER** **ML**  
 T/Th 4:00 – 4:45 pm      Lap Lanes      ♥

**AQUA FIT LIGHT & EASY SHALLOW** **B**  
 T/Th 9:00– 9:45 am      Teaching Well      ♥

**AQUA STRENGTH & CONDITIONING** **I**  
 W 11:45 – 12:15 pm      Lap Lanes      ♥

**BOOT CAMP** **ML**  
 Sat 9:05–10:00 am      Gym      ♥

**CIZE** **ML**  
 M 10:30–11:15 am      Group Ex AB      ♥  
 Th 6:30–7:15 pm      Group Ex AB      ♥

**HIGH INTENSITY TRAINING (HIT)** **ML**  
 T 9:30–10:15 am      Group Ex. B      ♥  
 W 5:30–6:30 pm      Group Ex B      ♥

**POWER PUMP** **ML**  
 M/W 9:30 – 10:15 am      Group Ex AB      ♥

**R.I.P.P.E.D.** **ML**  
 M 5:30 – 6:25 pm      Group Ex A      ♥  
 Th 5:30 – 6:25 pm      Group Ex AB      ♥

**TOTAL BODY STRENGTH (FORMERLY THE GRAVITY SYSTEM®)** **ML**  
 T 6:30 – 7:15 pm      Group Ex A      \$58/\$145  
 F 9:30 – 10:15 am      Group Ex A      \$58/\$145  
 Sat 11:15 am – 12:00 pm      Group Ex A      \$58/\$145

**KICKBOXING** **I**  
 T 5:30 – 6:15 pm      Group Ex AB      ♥

**YOGA 1** **B**  
 M/W 4:00 – 5:00 pm      Group Ex B      \$68/\$170  
 F 10:30–11:00 am      Group Ex B      \$41/\$102

**YOGA FUSION** **ML**  
 T 6:30–7:30pm      Group Ex. B      \$41/\$102

**ZUMBA** **ML**  
 T/Th 4:30 – 5:15 pm      Group Ex AB      ♥  
 Sat 10:15 – 11:00 am      Group Ex AB      ♥

**Classes are not prorated.**

**Cancellation Policy**

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

Please see the annual catalog or our website for descriptions of each class.

Please arrive 15 minutes early to secure your space in the class.