



CLASSES INCLUDED IN YOUR MEMBERSHIP 2016

Northwest Session 4: May 31 – July 29

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

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
Power Pump 9:30-10:15 AM 30 Minute Water Running 11:45 AM-12:15 PM RIPPED 5:30-6:25 PM 30 in 30 (30 exercises in 30 min.) 6:30-7:00 PM	Aqua Fit Light & Easy Shallow 9:00- 9:45 AM High Intensity Training (HIT) 9:30-10:15 AM Zumba 4:30-5:15 PM Turbo Kick 5:30-6:15 PM	Power Pump 9:30-10:15 AM Aqua Strength & Conditioning 11:45 AM-12:15 PM Insanity 5:30-6:30 PM Zumba 6:45 - 7:30 PM	Aqua Fit Light & Easy Shallow 9:00-9:45 AM Aqua Fit Deep Water 4:00-4:45 PM Zumba 4:30-5:15 PM RIPPED 5:30-6:25 PM	Aqua Bootcamp 11:45 AM-12:15 PM	P90X Live 9:15-10:00 AM Zumba 10:15-11:00 AM

Please check the website for complete descriptions and current schedule. Classes are subject to change.
monroecountyyymca.org





CLASSES INCLUDED IN YOUR MEMBERSHIP 2016

Southeast Session 4: May 31 - July 29

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

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 6:00-6:55 AM	Boot Camp 6:00-6:45 AM	Aqua Fit Deep 8:50-9:45 AM	Boot Camp 6:00-6:45 AM	RIPPED 8:00-8:55 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 9:15-10:10 AM
Morning Mix 8:15-9:00 AM	Bootcamp 9:15-10:15 AM	Morning Mix 8:15-9:00 AM	BOSU 10:15 -10:45 AM	Yoga/Pilates Mix 8:15-9:15 AM	
Power Pump 9:15-10:15 AM	Zumba 9:15 -10:00 AM	Zumba 9:15-10:00 AM	PiYo 10:30-11:15 AM	Morning Mix 8:15-9:00 AM	
Step Aerobics 9:15-10:15 AM	BOSU 10:15 -10:45 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 10:45-11:45 AM	Arthritis Aquatics Plus 10:45-11:30 AM	Insanity 10:15-11:00 AM	Tai Chi for Arthritis 11:30-12:15 PM	Power Pump 9:15-10:15 AM	
Arthritis Aquatics Basic 12:05-12:50 PM	Tai Chi for Arthritis 11:30 AM-12:15 PM	Power Flow Yoga 10:45-11:45 AM	Arthritis Aquatics Basic 12:00-12:45 PM	Shockwave/Cycling 10:30-11:30 AM	
Sitting Fit W/Yoga 2:00-2:45 PM	Arthritis Aquatics Basic 12:00-12:45 PM	Arthritis Aquatics Basic 12:05-12:50 PM	Zumba Gold 5:15-6:00 PM	Core Flow Yoga 10:45-11:45 AM	
Zumba Gold 5:30-6:15 PM	Power Pump 5:30-6:15 PM	Sitting Fit W/Yoga 2:00-2:45 PM	P90X 5:15-6:10 PM	Gentle Yoga 12:00-1:00 PM	
Boot Camp 5:30-6:15 PM	Gentle Yoga 5:45-6:45 PM	Cardio Conditioning 5:30-6:15 pm	Gentle Yoga 5:45-6:45 PM	Arthritis Aquatics Basic 12:05-12:50 PM	
Kickboxing 6:30-7:15 PM		RIPPED 6:30-7:25 PM	Core Flow Yoga 6:15 -7:15 PM	Zumba 5:30-6:15 PM	



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