



CLASSES INCLUDED IN YOUR MEMBERSHIP 2016

Southeast

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.

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	PiYo 9:30–10:15 AM	Yoga/Pilates Mix 8:15–9:15 AM	
Power Pump 9:15–10:15 AM	Zumba 9:15–10:00 AM	Dance Mix 9:15–10:00 AM	Country Heat 10:30–11:15 AM	Morning Mix 8:15–9:00 AM	
Step Aerobics 9:15–10:15 AM	Arthritis Aquatics Plus 10:45–11:30 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	Tai Chi for Arthritis 11:30 AM–12:15 PM	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	Arthritis Aquatics Basic 12:00–12:45 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	Power Pump 5:30–6:15 PM	Arthritis Aquatics Basic 12:05–12:50 PM	Zumba Gold 5:15–6:00 PM	Core Flow Yoga 10:45–11:45 PM	
Zumba Gold 5:30–6:15 PM	Gentle Yoga 5:45–6:45 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		P90X 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		Zumba 5:30–6:15 PM	



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



CLASSES INCLUDED IN YOUR MEMBERSHIP 2016 Northwest

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Session 6: Oct 17– Dec 17

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Power Pump 9:30–10:15 AM Cize 10:30–11:15 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 Aqua Fit Deep 4:00–4:45 PM Zumba 4:30–5:15 PM Kickboxing 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	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

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monroecountyyymca.org

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CLASSES
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