



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@monroecountnymca.org.

For class descriptions and more program information,
 see program catalog or monroecountnymca.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 **ML**

T 6:30 - 7:15 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 10:30-11:30 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.