



# CLASSES INCLUDED IN YOUR MEMBERSHIP 2016

## Southeast Session 3: Apr. 11 – May 30

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	<b>RIPPED</b> 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	<b>RIPPED</b> 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	<b>RIPPED</b> 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 10:30-11:15 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	Arthritis Aquatics Plus 10:45-11:30 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	Tai Chi for Arthritis 11:30-12:15 PM	Cardio Blast 9:15-10:15 AM	
Posture and Balance 10:45-11:45 AM	Tai Chi for Arthritis 11:30 AM-12:15 PM	Insanity 10:15-11:00 AM	Arthritis Aquatics Basic 12:00-12:45 PM	Power Pump 9:15-10:15 AM	
Arthritis Aquatics Basic 12:05-12:50 PM	Arthritis Aquatics Basic 12:00-12:45 PM	Arthritis Aquatics Basic 12:05-12:50 PM	Zumba Gold 5:15-6:00 PM	Shockwave/Cycling 10:30-11:30 AM	
Sitting Fit W/Yoga 2:00-2:45 PM	Power Pump 5:30-6:15 PM	Sitting Fit W/Yoga 2:00-2:45 PM	P90X 5:15-6:10 PM	Core Flow Yoga 10:45-11:45 PM	
Zumba Gold 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	Dance Mix 11:15 AM-12:00 pm	
Boot Camp 5:30-6:15 PM		<b>RIPPED</b> 6:30-7:25 PM		Gentle Yoga 12:00-1:00 PM	
Kickboxing 6:30-7:15 PM				Arthritis Aquatics Basic 12:05-12:50 PM	
				Zumba 5:30-6:15 PM	



Please check the website for complete descriptions and current schedule. Classes are subject to change. [MonroeCountyYMCA.org](http://MonroeCountyYMCA.org)



# CLASSES INCLUDED IN YOUR MEMBERSHIP 2016

## Northwest Session 3: Apr. 11 - May 30

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
<b>Power Pump</b> 9:30-10:15 AM  <b>30 Minute Water Running</b> 11:45 AM-12:15 PM  <b>RIPPED</b> 5:30-6:25 PM  <b>30 in 30</b> (30 exercises in 30 min.) 6:30-7:00 PM	<b>Aqua Fit Light &amp; Easy Shallow</b> 9:00-9:45 AM  <b>High Intensity Training (HIT)</b> 9:30-10:15 AM  <b>Aqua Fit Deep</b> 4:00-4:45 PM  <b>Zumba</b> 4:30-5:15 PM  <b>Aqua Fit Shallow Water</b> 5:45-6:30 PM  <b>Turbo Kick</b> 5:30-6:15 PM	<b>Power Pump</b> 9:30-10:15 AM  <b>Aqua Strength &amp; Conditioning</b> 11:45 AM-12:15 PM  <b>Zumba</b> 5:30 - 6:15 PM  <b>Insanity</b> 6:30-7:30 PM	<b>Aqua Fit Light &amp; Easy Shallow</b> 9:00-9:45 AM  <b>Aqua Fit Deep Water</b> 4:00-4:45 PM  <b>Zumba</b> 4:30-5:15 PM  <b>RIPPED</b> 5:30-6:25 PM	<b>Aqua Bootcamp</b> 11:45 AM-12:15 PM	<b>P90X Live</b> 9:05-10:00 AM  <b>Zumba</b> 10:15-11:00 AM



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SEE  
CLASSES  
ON THE  
BACK!