



## MONROE COUNTY YMCA

### SOUTHEAST BRANCH

2125 South Highland Avenue  
Bloomington, IN 47401

812-332-5555

### NORTHWEST BRANCH

1375 North Wellness Way  
Bloomington, IN 47404

812-331-5556

# Wellness Coach/Fitness Testing Southeast & Northwest Branches

## WELLNESS COACH SUPERVISOR

MEMBER BENEFIT--NO ADDITIONAL FEE

Through one-on-one appointments a Wellness Coach Supervisor will:

- Help guide you with your health and wellness journey at the YMCA
- Answer questions you may have about equipment and machine usage
- Provide information about programming at the YMCA
- Discuss coaching packet of wellness tools
- Follow up for accountability

Sign up today at the Welcome Center for your appointment.

## FITNESS PROFILES

BIOIMPEDANCE ANALYSIS

### SOUTHEAST ONLY

Complete body composition evaluation that includes:

- Body fat percentage
- BMI (Body Mass Index)
- BMR (Basal Metabolic Rate)
- Total body water in lbs.
- Height/Weight
- Tracking of progress
- Computer printout of results

By appointment only - \$10

FITNESS TESTING

### SOUTHEAST & NORTHWEST

Separate testing protocol for ages 15-60 and 60+.

Each protocol consists of:

- Cardiovascular
- Muscular Strength & Endurance
- Flexibility
- Body Fat, BMI & Circumferences
- Height & Weight

Partial fitness testing available.

By appointment only - \$10

Questions? Contact:

Amy Plunkett, 812-961-2364  
or email [aplunkett@monroecountyyymca.org](mailto:aplunkett@monroecountyyymca.org).

**A one-time consultation with a Personal Trainer is complimentary and included in your membership.**

During your consultation, you and a Personal Trainer will discuss your health/ wellness goals and answer any questions you may have. The trainer will also give you recommendations to help you on your health/wellness journey.