



CLASSES INCLUDED IN YOUR MEMBERSHIP

Southeast June 2019

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 6:00-7:00 AM	Boot Camp 6:00-6:45 AM	Zumba 8:15-9:00 AM	Boot Camp 6:00-6:45 AM	RIPPED 9:30-10:30 AM
Power Pump 8:00-9:00 AM	Aqua Fit Deep 8:50-9:45 AM	Morning Mix 8:15-9:00 AM	Aqua Fit Deep 8:50-9:45 AM	Power Pump 8:00-9:00 AM	
Morning Mix 8:15-9:00 AM	Zumba 9:15-10:00 AM	Power Pump 9:15-10:15 AM	PiYo 9:15-10:15 AM	Yoga/Pilates Mix 8:15-9:15 AM	
Power Pump 9:15-10:15 AM	Barre 10:15-11:15 AM	Power Flow Yoga 10:45-11:45 AM	HIIT Yoga 9:30-10:15 AM	Morning Mix 8:15-9:00 AM	
Posture and Balance Through Pilates 10:45-11:45 AM	Bosu Strength Circuit 10:30-11:00 AM	Arthritis Aquatics Basic 12:05-12:50 PM	Bosu Strength Circuit 10:30-11:00 AM	Cardio Blast 9:15-10:15 AM	
Power Flow Yoga 11:30 AM -12:30 PM	Arthritis Aquatics Plus 10:45-11:30 AM	Sitting Fit w/Yoga 2:00-2:45 PM	Arthritis Aquatics Plus 10:45-11:30 AM	Power Pump 9:15-10:15 AM	
Arthritis Aquatics Basic 12:05-12:50 PM	Power Pump 5:30-6:15 PM	Barre 5:30-6:30 PM	P90X 5:30-6:25 PM	Cycle and Circuit 10:30-11:30 AM	
Gentle Yoga 12:30-1:30 PM	Zumba Gold 5:30-6:15 PM	RIPPED 6:35-7:35 PM	Zumba Gold 5:30-6:15 PM	Gentle Yoga 12:00-1:00 PM	
Sitting Fit w/Yoga 2:00-2:45 PM	Gentle Yoga 5:45-6:45 PM		Gentle Yoga 5:45-6:45 PM	Arthritis Aquatics Basic 12:05-12:50 PM	
Barre 5:30-6:30 PM					
Cardio Kickboxing 5:30-6:15 PM					

ROOM KEY: Cardinal Court ■ Cycle Studio ■ Fit Room 1 ■ Fit Room 2 ■
 Main Pool ■ Multipurpose Pool ■ Yoga Studio ■

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



MONROE COUNTY YMCA

2125 South Highland Avenue
Bloomington, IN 47401
812-332-5555

Questions? Contact Cara McGowan, (812) 961-2171 or email cmcgowan@monroecountyymca.org.
For class descriptions and more program information, see program catalog on monroecountyymca.org

Prices are listed for members/non-members

SMALL GROUP FITNESS CLASSES

Southeast Branch

JUNE 2019

For Yoga, Tai Chi, Pilates, Water Classes, or Personal Training options please see their separate fliers.
KEY: **B** - Basic **I** - Intermediate **ML** - Multi-Level **A** - Advanced

60 MINUTE CYCLING **I**
M/W/F 9:15-10:15 am \$40/\$100
Cycling Studio

CYCLE-IN **ML**
T/Th 9:15-10:00 am \$32/\$80
Cycling Studio

GENTLE TOTAL BODY STRENGTH **B**
T 9:45-10:30 am \$28/\$70
Total Body Studio

INDO-ROW™ **ML**
M 10:30-11:15 am \$28/\$70
W 5:30-6:15 pm \$28/\$70
Fitness Room 1

ROW STRONG **A**
Th 10:30-11:15 am \$28/\$70
Fitness Room 1

KETTLEBELL PUMP **ML**
T 9:30-10:15 am \$28/\$70
Fitness Room 2

PRIMETIME PLUS **B**
M/W 9:15-10:15 am \$27/\$40
Fitness Room 2

ROWING/TRX **ML**
W 10:30-11:15 am \$28/\$70
Fitness Room 2

TOTAL BODY STRENGTH

M	5:30-6:30 pm	A	\$31/\$78
T	8:45-9:30 am	ML	\$28/\$70
T	10:45-11:30 am		\$28/\$70
T	4:30-5:15pm	ML	\$28/\$70
T	6:00-6:45 pm	ML	\$28/\$70
W	5:45-6:30 pm	ML	\$28/\$70
Th	6:00-6:45 am	ML	\$28/\$70
Th	8:30-9:15 am	ML	\$28/\$70
Th	9:30-10:15 am		\$28/\$70
F	8:00-8:45 am	A	\$28/\$70

Total Body Studio

PRIVATE/SEMI PRIVATE TOTAL BODY WORKOUT SESSIONS

	Single Class	Package of 4 Classes
Private session:	\$40	\$144
2 people:	\$30 each	\$108 each
3 people:	\$20 each	\$72 each

Contact Cara McGowan, (812) 961-2171, to schedule an appointment. At least 24-hour notice is required for cancellation of any session.

TRX SUSPENSION TRAINING **I**
T 6:00-6:45 am \$28/\$70
T 8:30-9:15 am \$28/\$70
Fitness Room 2

Cancellation Policy: The YMCA reserves the right to cancel any program which does not meet minimum enrollment standards.



MONROE COUNTY YMCA

NORTHWEST BRANCH
 1375 N. Wellness Way
 Bloomington, IN 47404
 812-331-5556

Questions? Contact Jen Miller, (812) 961-2364
 or jmiller@monroecountyymca.org
 For class descriptions and more program
 information, see program catalog on
www.monroecountyymca.org

Prices are listed for members/non-members

SMALL GROUP FITNESS CLASSES Northwest Branch

SUMMER
 June 2019

KEY: **B** - Basic **I** - Intermediate **ML** - Multi-Level **A** - Advanced

BARRE **ML**

T	9:30-10:30 am	Barre Studio	\$22/\$55
T/Th	9:30-10:30 am	Barre Studio	\$38/\$95
Th	9:30-10:30 am	Barre Studio	\$22/\$55
Sat	9:15-10:15 am	Barre Studio	\$22/\$55

PILATES FUSION **ML**

M	9:30-10:30 am	Barre Studio	\$22/\$55
M/W	9:30-10:30 am	Barre Studio	\$38/\$95
W	9:30-10:30 am	Barre Studio	\$22/\$55

POWER PUMP PLUS **I**

T	5:30-6:15 pm	Group Ex AB	\$28/ \$70
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TRX CARDIO **I**

F	9:00-10:00 am	Group Ex AB	\$31/ \$88
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SYNRGY360 **ML**

M	5:30-6:15 pm	Synrgy Studio
W	6:00-6:45 pm	Synrgy Studio
Th	6:00-6:45 am	Synrgy Studio
Sat	9:30-10:15 am	Synrgy Studio

Unlimited Synrgy360 per month: \$40/\$100
 Six classes in a six-week period: \$60/\$108
 See Synrgy360 flier for more information

YOGA 1 **B**

T/Th	11:15 am-12:15pm	Group Ex B	\$38/\$95
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We welcome drop-ins into our paid-for classes. Please stop at the Welcome Center to determine availability in our classes and to register. Drop-in fee: \$7/\$15.

Cancellation Policy: The YMCA reserves the right to cancel any program which does not meet minimum enrollment standards.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fit Mix 6:00-6:45 AM	Power Pump 6:00-6:45 AM	Fit Mix 6:00-6:45 AM	Power Pump 6:00-6:45 AM	PiYo 10:00-10:45 AM	P90X Live 9:05-10:00 AM	
Power Pump 9:30-10:30 AM	Aqua Fit Shallow 8:00-8:45 AM	Cardio Blast 8:30-9:15 AM	Aqua Fit Shallow 9:00-9:45 AM		Zumba 10:15-11:00 AM	
30 Minute Water Running 11:45 AM-12:15PM	Aqua Fit Shallow 9:00-9:45 AM	Power Pump 9:30-10:30 AM	High Intensity Interval Training (HIIT) 9:30-10:15 AM			
RIPPED 5:30-6:30 PM	High Intensity Interval Training (HIIT) 9:30-10:15 AM	Aqua Fit Deep 10:30-11:15 AM	Cardio Kickboxing 5:30-6:15 PM			
		P90X LIVE 5:30-6:30 PM				
		Zumba 6:45-7:30 PM				

ROOM KEY: Group Ex AB Lap Lanes Teaching Well Gym