



MONROE COUNTY YMCA

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

Questions? Contact Amy Plunkett, 961-2171
or email aplunkett@monroecountyyymca.org.

For class descriptions and more program information,
see program catalog or monroecountyyymca.org

Prices are listed for members/non-members

SMALL GROUP FITNESS CLASSES Southeast Branch

WINTER/SPRING 2018

Session 2: February 19-April 15

Session 3: April 16-June 3

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		\$59/\$148
M/W	6:30-7:30 pm	Session 2 only	\$55/\$138
Sat	7:00-8:00 am	Session 2 only	\$38/\$95
Cycling Studio			

CYCLE-IN **ML**

M/W/F	6:00-6:45 am		\$58/\$145
T/Th	7:00-7:45 am		\$46/\$115
T/Th	9:15-10:00 am		\$46/\$115
T/Th	4:45-5:30 pm	Session 2 only	\$46/\$115
Cycle Studio			

GENTLE TOTAL BODY STRENGTH **B**

T	9:45-10:30 am		\$45/\$113
Th	8:30-9:15 am		\$45/\$113
F	10:45-11:30 am		\$45/\$113
Total Body Studio			

INDO-ROW™ **ML**

M	10:30-11:15 am		\$45/\$113
M	6:30-7:15 pm		\$45/\$113
W	6:00-6:45 am		\$45/\$113
Th	8:15-9:00 am		\$45/\$113
Fitness Room 1			

KETTLEBELL BASICS **ML**

F	7:00-7:45 am		\$45/\$113
Fitness Room 2			

KETTLEBELL/TRX CIRCUIT **ML**

Th	9:00-10:00 am		\$45/\$113
Fitness Room 2			

PRIMETIME PLUS **B**

M/W/F	9:15-10:15 am		\$59/\$148
Fitness Room 2			

ROWING/TRX **ML**

W	11:15am-12:00 pm		\$45/\$113
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RUMBLE **ML**

M	6:30-7:15 pm	Session 3 only	\$31/\$78
Fitness Room 2			

NUTRITION AND FITNESS **ML**

T	9:00-10:00 am		\$45/\$113
Fitness Room 2			

TOTAL BODY STRENGTH

M	9:30-10:15 am	I	\$45/\$113
M	5:45-6:30 pm	ML	\$45/\$113
T	8:45-9:30 am	ML	\$45/\$113
T	10:45-11:30 am	ML	\$45/\$113
T	6:00-6:45 pm	ML	\$45/\$113
W	5:45-6:30 pm	ML	\$45/\$113
Th	6:00-6:45 am	ML	\$45/\$113
Th	9:30-10:15 am	ML	\$45/\$113
F	8:00-8:45 am	A	\$45/\$113
Sat	9:15-10:00 am	ML	\$45/\$113
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 Gayle Ebel, 812-961-2171 to schedule an appointment.
24 hour advance notice required for cancellation of any session.

TRX SUSPENSION TRAINING **I**

M	7:30-8:15 pm		\$45/\$113
T	6:00-6:45 am		\$45/\$113
T	8:15-9:00 am		\$45/\$113
Th	6:00-6:45 am		\$45/\$113
Fitness Room 2			



MONROE COUNTY YMCA

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

Questions? Contact Amy Plunkett, 961-2171 or email aplunkett@monroecountymca.org.
For class descriptions and more program information: monroecountymca.org

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ADULT WATER CLASSES Southeast Branch

WINTER/SPRING 2018
Session 2: February 19-April 15
Session 3: April 16-June 3

For Yoga, Tai Chi, Pilates, Group-Ex Land, or Membership-Included Classes please see their separate fliers.
KEY: **B** - Basic **I** - Intermediate **ML** - Multi-Level **A** - Advanced

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

ARTHRITIS AQUATICS DEEP WATER **ML**
M/W/F 10:00-10:45 am \$53/\$133
Main Pool-deep

30 MINUTE WATER RUNNING **A**
T/Th 10:00-10:30 am \$38/\$95
Main Pool-deep

AQUA-FIT DEEP WATER
M/W/F 9:00-9:55 am **I** \$53/\$133
M/W/F 12:00-12:55 pm **ML** \$53/\$133
Main Pool-deep

AQUA-FIT SHALLOW WATER
M/W 6:15-7:00 am **B** \$46/\$115
M/W 9:00-9:55 am **B** \$50/\$125
M/W/F 6:00-6:55 pm **B** \$53/\$133
T/Th 9:00-9:55 am **ML** \$50/\$125
Multipurpose Pool

PREGNANCY & WATER EXERCISE

Water classes are safe and effective for women during and after pregnancy. Physician's written approval is required--please give to class instructor on the first day of class. Suitable for all fitness levels.

PRIVATE & SEMI-PRIVATE LESSONS

Swimming lessons for ages 3 and up.
Private 4 half-hour lessons \$80/\$115
Semi-Private 4 half-hour lessons \$120/\$155
(lessons for 2-3 people; only one party pays)

*Note: Teachers work on a scheduled appointment basis. In order for us to use our time effectively, members are asked to give teachers 24-hour notice when cancelling a lesson or be charged for the class.



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YOGA /PILATES/TAI CHI Southeast Branch

WINTER/SPRING 2018

Session 2: February 19-April 15
 Session 3: April 16-June 3

For Group-Ex Land, Water, or Membership-Included Classes please see their separate fliers.

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YOGA

YOGA LEVEL I **ML**

M/W	8:00-9:00 am	\$58/\$145
M/W	5:45-6:45 pm	\$58/\$145
T	12:00-1:00 pm	\$35/\$88
T/Th	9:15-10:15 am	\$58/\$145
T/Th	12:00-1:00 pm	\$58/\$145
T/Th	7:00-8:00 pm	\$58/\$145
Th	12:00-1:00 pm	\$35/\$88
F	9:30-10:30 am	\$35/\$88
Sat	10:00-11:00 am	\$35/\$88

YOGA LEVEL II **I**

T/Th	7:45-9:00 am	\$69/\$173
T/Th	10:30-11:45 am	\$69/\$173
T/Th	4:00-5:15 pm	\$69/\$173
Sat	8:15-9:45 am	\$49/\$123
Sat	11:15 am-12:30 pm	\$42/\$105
Sun	5:30 - 7:00 pm	\$49/\$123

PRENATAL YOGA

W	12:00-12:55 pm	\$20/\$50 Per Month
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YOGA FOR STRENGTH **I**

T	6:00-7:00 am	\$35/\$88
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YOGA LAB **I**

W	7:00-8:15 pm	\$57/\$143
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PILATES

MAT PILATES **I**

M/W	9:30 -10:30 am	\$58/\$145
Yoga/Pilates Studio		

TOTAL BODY PILATES **I**

M	12:00-12:45 pm	\$45/\$113
W	10:45-11:30 am	\$45/\$113
W	4:45-5:30 pm	\$45/\$113
Th	10:45-11:30 am	\$45/\$113
Total Body Studio		

TAI CHI

CHI KUNG FOR BALANCE **ML**

W	11:30 am-12:15 pm	\$33/\$83
Fitness Room 2		

TAI CHI FOR RELAXATION **I**

Sun	5:00-6:00 pm	\$35/\$88
Fitness Room 2		

PRIVATE/SEMI-PRIVATE YOGA, PILATES, TAI CHI INSTRUCTION

	Single Class	Package of 4 Classes
Private Session	\$40	\$144
2 People	\$30 each	\$108 each
3 People	\$20	\$72 each