



# MONROE COUNTY YMCA

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

Questions? Contact Gayle Ebel, 812-961-2171  
or email [geb@monroecountyyymca.org](mailto:geb@monroecountyyymca.org).

For class descriptions and more program information,  
see program catalog or [monroecountyyymca.org](http://monroecountyyymca.org)

Prices are listed for members/non-members

## GROUP EXERCISE Southeast Branch

### FALL

Session 5: August 14 - October 15

Session 6: October 16 - December 17

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   ♥ - Included in Your Membership

#### 60 MINUTE CYCLING **I** Maximum 18 participants

M/W/F	9:15-10:15 am		\$72/\$180
M/W	6:30-7:30 pm	Session 6 only	\$68/\$170
Sat	7:00-8:00 am	Session 6 only	\$46/\$115
Sat	9:15-10:15 am		♥
Cycling Studio			

#### CYCLE-IN **ML**

Maximum 18 participants.			
M/W/F	6:00-6:45 am		\$65/\$163
T/Th	7:00-7:45 am		\$57/\$143
T/Th	9:15-10:00 am		\$57/\$143
T/Th	4:45-5:30 pm	Session 6 only	\$57/\$143
Cycle Studio			

#### BARRE **I**

T	10:15-11:15 am		♥
Fitness Room 1			
T	5:45-6:45 pm		♥
Fitness Room 2			

#### CYCLING /CIRCUIT **ML**

F	10:30-11:30		♥
Cycle Studio/Fitness Room 2			

#### BOOTCAMP **A**

M	5:30-6:15 pm		♥
Fitness Room 1			
M/W/F	6:00-6:45 am		♥
T	9:15-10:15 am		♥
Cardinal Court			

#### GENTLE TOTAL BODY STRENGTH **B**

Maximum 5 participants			
T	9:45-10:30 am		\$58/\$145
Th	8:30-9:15 am		\$58/\$145
F	10:45-11:30 am		\$58/\$145
Total Body Studio			

#### BOSU STRENGTH CIRCUIT **ML**

T/Th	10:15-10:45 am		♥
Fitness Room 2			

#### INDO-ROW™ **ML**

M	10:30-11:15 am		\$58/\$145
M	6:30-7:15 pm		\$58/\$145
W	6:00-6:45 am		\$58/\$145
Fitness Room 1			

#### CARDIO BLAST **A**

F	9:15-10:15 am		♥
Fitness Room 1			

#### INSANITY **A**

W	10:15-11:00 am		♥
Fitness Room 1			

#### CORE DE FORCE (KICKBOXING) **ML**

M	6:45-7:30 pm		♥
Fitness Room 1			

#### JUST STRETCH **B**

F	10:30-11:00 am		♥
Fitness Room 1			

**More classes on the back!**

# Group Exercise Southeast Branch (con't)

## KETTLEBELL BASICS **ML**

F 7:00-7:45 am \$58/\$145  
Fitness Room 2

## KETTLEBELL/TRX CIRCUIT

Th 9:15-10 am \$58/\$145  
Fitness Room 2

## KICKBOXING **I**

Th 10:30-11:15 am   
Fitness Room 1

## MORNING MIX **B**

M/W/F 8:15-9:00 am   
Cardinal Court

## P90X **ML**

Th 5:15-6:10 pm   
Fitness Room 1

## PIYO **I**

Th 9:30-10:15 am   
Fitness Room 1

## POP PILATES

W 5:30-6:25 pm   
Fitness Room 1

## POWER PUMP **ML**

T 5:30-6:15 pm   
M/W/F 8:00-9:00 am   
Fitness Room 1  
M/W/F 9:15-10:15 am   
Cardinal Court

## PRIMETIME PLUS **B**

M/W/F 9:15-10:15 am \$72/\$180  
Fitness Room 2

## R.I.P.P.E.D.™ **ML**

T 6:00-7:00 am   
W 6:35-7:35 pm   
Th 6:00-7:00 am   
Sat 7:30-8:45 am   
Sat 9:30-10:30 am   
Fitness Room 1

## ROWING/TRX **ML**

W 11:15am-12:00 pm \$58/\$145

## STEP AEROBICS **A**

M 9:15-10:15 am   
Fitness Room 1

## TOTAL BODY STRENGTH

Limited to 5 participants.

M	9:30-10:15 am	<b>I</b>	\$58/\$145
M	5:45-6:30 pm	<b>ML</b>	\$58/\$145
T	8:45-9:30 am	<b>ML</b>	\$58/\$145
T	10:45-11:30 am	<b>ML</b>	\$58/\$145
W	5:45-6:30 pm	<b>ML</b>	\$58/\$145
Th	6:00-6:45 am	<b>ML</b>	\$58/\$145
Th	9:30-10:15 am	<b>ML</b>	\$58/\$145
F	8:00-8:45 am	<b>A</b>	\$58/\$145

Total Body Studio/Wellness Center

## 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**

10 participants

M	7:30-8:15 pm	\$58/\$145
T	6:00-6:45 am	\$58/\$145
T	8:15-9:00 am	\$58/\$145
Th	8:15-9:00 am	\$58/\$145

Fitness Room 2

## ZUMBA **ML**

T	9:15-10:00 am	
Fitness Room 1		
W	9:15-10:00 am	
Fitness Room 1		
Th	9:15-10:00 am	
Cardinal Court		
F	5:30-6:15 pm	
Fitness Room 1		

## ZUMBA GOLD **B**

M	5:30-6:15 pm	
Th	5:30-6:15 pm	

Fitness Room 2



# MONROE COUNTY YMCA

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

Questions? Contact Gayle Ebel, 961-2171 or email [gebel@monroecountyyymca.org](mailto:gebel@monroecountyyymca.org).  
**For class descriptions and more program information: [monroecountyyymca.org](http://monroecountyyymca.org)**

Prices are listed for members/non-members

## ADULT WATER CLASSES Southeast Branch

FALL  
Session 5: August 14 – October 15  
Session 6: October 16 – December 17

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    ♥ - Included in Your Membership

Please see the annual catalog or our website for descriptions of each class. Fees are listed for members/non-members.

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

**ARTHRITIS AQUATICS BASIC** **B**  
M/W/F 12:05-12:50 ♥  
T/Th 12:00-12:45 pm ♥  
Multipurpose Pool

**ARTHRITIS AQUATICS DEEP WATER** **ML**  
M/W/F 10:00-10:45 am \$70/\$175

**ARTHRITIS AQUATICS PLUS PROGRAM** **B**  
T/Th 10:45-11:30 am ♥  
Multipurpose pool

**30 MINUTE WATER RUNNING** **A**  
T/Th 10:00-10:30 am \$47/\$118  
Main Pool-deep

**AQUA-FIT DEEP WATER**  
M/W/F 9:00-9:55 am **I** \$65/\$163  
M/W/F 12:00-12:55 pm **ML** \$65/\$163  
T/Th 8:50-9:45 am **B** ♥  
Main Pool-deep

**AQUA-FIT SHALLOW WATER**  
M/W 6:15-7:00 am **B** \$57/\$143  
M/W/F 9:00-9:55 am **B** \$65/\$163  
M/W/F 6:00-6:55 pm **B** \$65/\$163  
T/Th 9:00-9:55 am **ML** \$62/\$155  
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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For more program information: monroecountyyymca.org

## YOGA /PILATES/TAI CHI Southeast Branch

### FALL

Session 5: August 14 - October 15

Session 6: October 16 - December 17

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    ♥ - Included in Your Membership

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## YOGA

### SITTING FIT WITH YOGA **B**

M 2:00-2:45 pm ♥  
W 2:00-2:45 pm ♥

### GENTLE YOGA **ML**

M 12:30-1:30 pm ♥  
T/Th 5:45- 6:45 pm ♥  
F 12:00-1:00 pm ♥

### YOGA LEVEL I **ML**

M/W 5:45-6:45 pm \$68/\$170  
T 12:00-1:00 pm \$41/\$102  
T/Th 9:15-10:15 am \$68/\$170  
T/Th 7:00-8:00 pm \$68/\$170  
Th 12:00-1:00 pm \$41/\$102  
F 9:30-10:30 am \$41/\$102  
Sat 10:00-11:00 am \$41/\$102

### YOGA LEVEL II **ML**

M/W 8:00-9:15 am \$82/\$205  
T/Th 7:45-9:00 am \$82/\$205  
T/Th 10:30-11:45 am \$82/\$205  
T/Th 4:00-5:15 pm \$82/\$205  
F 6:45-8:00 am \$48/\$120  
Sat 8:15-9:45 am \$57/\$143  
Sat 11:15 am-12:30 pm \$48/\$120  
Sun 5:30 - 7:00 pm \$57/\$143

### YOGA LEVEL III **A**

T/Th 5:30- 6:45 pm \$82/\$205  
Conference Room

### CORE FLOW **I**

F 10:45-11:45 am ♥

### POWER FLOW **I**

M 11:30 am-12:30 pm ♥  
Fit Room 1  
W 10:45-11:45 am ♥  
Yoga Studio  
Th 6:30-7:30 pm ♥  
Fit Room 2

### PRENATAL YOGA **NEW!**

W 12:00-12:55 pm \$20/\$50 Per Month

### YOGA/PILATES MIX **ML**

F 8:15-9:15 am ♥

See more on the back...

# PILATES

## BARRE **I**

T 10:15-11:15 am  
Fitness Room 1



T 5:45-6:45 pm  
Fitness Room 2



## MAT PILATES **I**

M/W 9:30-10:30 am  
Yoga/Pilates Studio

\$68/\$170

## PiYo **I**

Th 9:30-10:15 am  
Fitness Room 1



## POP PILATES **ML** NEW!

W 5:30-6:25 pm  
Fitness Room 1



## POSTURE AND BALANCE THROUGH PILATES **B**

M 10:45-11:45 am  
Yoga/Pilates Studio



## YOGA/PILATES MIX **ML**

F 8:15-9:15 am  
Yoga/Pilates Studio



## TOTAL BODY PILATES **I**

M 12:00-12:45 pm \$58/\$145

W 10:45-11:30 am \$58/\$145

W 4:45-5:30 pm \$58/\$145

Th 10:45-11:30 am \$58/\$145

Total Body Studio

## GENTLE TOTAL BODY STRENGTH **B**

T 9:45-10:30 am \$58/\$145

Th 8:30-9:15 am \$58/\$145

F 10:45-11:30 am \$58/\$145

Total Body Studio

For other time options, please see Total Body Strength on the Group Exercise SE flyer.

# TAI CHI

## TAI CHI FOR ARTHRITIS **B**

T/Th 11:30 am-12:15 pm  
Fitness Room 2



## TAI CHI 1 **ML**

Sun 4:00-4:45 pm  
Fitness Room 2

\$38/\$95

## TAI CHI 2 **I**

Sun 5:00-6:00 pm  
Fitness Room 2

\$41/\$102

## CHI KUNG/TAI CHI FOR BALANCE **ML**

W 11:30 am-12:15 pm  
Fitness Room 2

\$38/\$95

## 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