



MONROE COUNTY YMCA

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

Questions? Contact Gayle Ebel, 812-961-2171
or email gebel@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 1: January 2-February 18
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 1,2 only	\$55/\$138
Sat	7:00-8:00 am	Session 1,2 only	\$38/\$95
Cycling Studio			

CYCLE EXPRESS **ML**

T	12:15-12:45 pm		\$22/\$55
Th	12:15-12:45 pm		\$22/\$55
T/Th	12:15-12:45 pm		\$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 1,2 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 2,3 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			