



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.

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

Prices are listed for members/non-members

GROUP EXERCISE Southeast Branch

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			

BARRE **I**

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

BOSU STRENGTH CIRCUIT **ML**

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

CARDIO BLAST **A**

F	9:15-10:15 am		♥
Fitness Room 1			

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			

CYCLING /CIRCUIT **ML**

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

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			

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			

INSANITY **A**

W	10:15-11:00 am		♥
Fitness Room 1			

JUST STRETCH **B**

F	10:30-11:00 am		♥
Fitness Room 1			



KETTLEBELL BASICS **ML**

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


More classes on the back!

Group Exercise Southeast Branch (con't)


KICKBOXING **I**

M 6:30-7:15 pm 
 Fitness Room 2
 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






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



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SOUTHEAST BRANCH
2125 South Highland Avenue
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Questions? Contact Gayle Ebel, 961-2171 or email gebel@monroecountyyymca.org.
For class descriptions and more program information: monroecountyyymca.org

Prices are listed for members/non-members

ADULT WATER CLASSES Southeast Branch

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

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.
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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