



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

GROUP EXERCISE Southeast Branch

WINTER/SPRING 2017

Session 3: April 17- June 4

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 \$56/\$140
Cycling Studio

ARGENTINE TANGO ESSENTIALS **B**
Th 6:30 - 7:30 PM ♥
Fitness Room 2

BARRE **I**
T 10:15-11:15am ♥
Fitness Room 1
T 6:00 - 7:00 pm ♥
Fitness Room 2

BOOTCAMP **A**
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

COUNTRY HEAT **B**
Th 10:30-11:15 am ♥
Fitness Room 1

CYCLE-IN **ML**
Maximum 18 participants.
M/W/F 6:00-6:45 am \$50/\$125
T/Th 7:00-7:45 am \$44/\$110
T/Th 9:15-10:00 am \$44/\$110
Cycle Studio

GENTLE TOTAL BODY STRENGTH **B**
Maximum 5 participants
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
Fitness Room 1
M 6:30-7:15 pm \$45/\$113
Fitness Room 2
W 6:00-6:45 am \$45/\$113
Fitness Room 1

INSANITY **A**
W 10:15-11:00 am ♥
Fitness Room 1

KETTLEBELL BASICS **ML**
W 6:30-7:15 pm \$45/\$113
F 7:00-7:45 am \$45/\$113
Fitness Room 2

KETTLEBELL/TRX CIRCUIT **I**
TH 9:15 - 10:00 am \$45/\$113

KICKBOXING **I**
M 6:30-7:15 pm ♥
Fitness Room 1

LONG & LEAN TOTAL BODY STRENGTH **ML**
W 9:30-10:15 am \$45/\$113
Total Body Studio

MORNING MIX **B**
M/W/F 8:15-9:00 am ♥
Cardinal Court

More classes on the back!

Group Exercise Southeast Branch (con't)

P90X **ML**

W 5:30-6:15 pm ♥
 Th 5:15-6:10 pm ♥
 Fitness Room 1

PIYO **I**

Th 9:30-10:15 am ♥
 Fitness Room 1

POWER PUMP **ML**

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

PRIMETIME PLUS **B**

M/W/F 9:30-10:30 am ♥ \$56/\$140
 Fitness Room 2

RIDE AND RENEW **ML**

Sat 9:15-10:15 am ♥
 Cycle studio

R.I.P.P.E.D.™ **ML**

T 6:00-7:00 am ♥
 W 6:30-7:30 pm ♥
 TH 6:00-7:00 am ♥
 Sat 7:45-8:45 am Cardinal Court ♥
 Sat 9:30-10:30 am ♥
 Fitness Room 1

R.I.P.P.E.D.™ CORE **ML**

Sat 9:00 - 9:15 am ♥
 Fitness Room 1

ROWING/TRX **ML**

W 11:15 am-12:00 pm ♥ \$34/\$85
 Fitness Room 1

STEP AEROBICS **A**

M 9:15-10:15 am ♥
 Fitness Room 1

STRENGTH AND CYCLE **ML**

F 10:30-11:30 am ♥
 Fitness Room 1

TOTAL BODY STRENGTH

Limited to 5 participants.

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
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

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	\$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
Th	8:15-9:00 am	\$45/\$113

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	♥
Fitness Room 2		
Th	5:30-6:15 pm	♥
Fitness Room 2		