



# CLASSES INCLUDED IN YOUR MEMBERSHIP 2019

## Southeast WINTER/SPRING 2019

Session 1: January 2-February 17

Session 2: February 18-April 14

Session 3: April 15-June 2

These classes are included in your membership to introduce you to a new program or supplement your existing class activities. Classes are available during both morning and evening times at basic, intermediate, or multi-level intensities. Use your membership to the MAX!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 6:00-6:45 AM	RIPPED 6:00-7:00 AM	Boot Camp 6:00-6:45 AM	RIPPED 6:00-7:00 AM	Boot Camp 6:00-6:45 AM	RIPPED 7:30-8:45 AM
Power Pump 8:00-9:00 AM	Aqua Fit Deep 8:50-9:45 AM	Power Pump 8:00-9:00 AM	Aqua Fit Deep 8:50-9:45 AM	Power Pump 8:00-9:00 AM	Cycling 9:15-10:00 AM
Morning Mix 8:15-9:00 AM	Bootcamp 9:15-10:15 AM	Morning Mix 8:15-9:00 AM	Zumba 9:15-10:00 AM	Yoga/Pilates Mix 8:15-9:15 AM	RIPPED 9:30-10:30 AM
Power Pump 9:15-10:15 AM	Zumba 9:15-10:00 AM	Power Pump 9:15-10:15 AM	PiYo 9:15-10:15 AM	Morning Mix 8:15-9:00 AM	
Step Aerobics 9:15-10:15 AM	<b>NEW!</b> HIIT Yoga 9:30-10:15 AM	Zumba 9:15-10:00 AM	Bosu Strength Circuit 10:30-11:00 AM	Cardio Blast 9:15-10:15 AM	
Posture and Balance Through Pilates 10:45-11:45 AM	Barre 10:15-11:15 AM	Power Flow Yoga 10:45-11:45 AM	Arthritis Aquatics Plus 10:45-11:30 AM	Power Pump 9:15-10:15 AM	
Power Flow Yoga 11:30 AM-12:30 PM	Bosu Strength Circuit 10:30-11:00 AM	Chi Kung for Balance 11:30 AM-12:15 PM	Arthritis Aquatics Basic 12:00-12:45 PM	Just Stretch 10:30-11:00 AM	
Arthritis Aquatics Basic 12:05-12:50 PM	Arthritis Aquatics Plus 10:45-11:30 AM	Arthritis Aquatics Basic 12:05-12:50 PM	P90X 5:30-6:25 PM	Cycle and Circuit 10:30-11:30 AM	
Gentle Yoga 12:30-1:30 PM	Arthritis Aquatics Basic 12:00-12:45 PM	Sitting Fit W/Yoga 2:00-2:45 PM	Zumba Gold 5:30-6:15 PM	Core Flow Yoga 10:45-11:45 AM	
Sitting Fit W/Yoga 2:00-2:45 PM	Power Pump 5:30-6:15 PM	Boot Camp 5:30-6:25 PM	Gentle Yoga 5:45-6:45 PM	Gentle Yoga 12:00-1:00 PM	
Barre 5:30-6:30 PM	Zumba Gold 5:30-6:15 PM	Barre 5:30-6:30 PM	Power Flow Yoga 6:30-7:30 PM	Arthritis Aquatics Basic 12:05-12:50 PM	
Boot Camp 5:30-6:25 PM	Gentle Yoga 5:45-6:45 PM	RIPPED 6:35-7:35 PM			

Please check the website for complete descriptions and current schedule. Classes are subject to change. [MonroeCountyYMCA.org](http://MonroeCountyYMCA.org)



# MONROE COUNTY YMCA

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

Questions? Contact Amy Plunkett, 812-961-2171  
or email [aplunkett@monroecountyyymca.org](mailto:aplunkett@monroecountyyymca.org).

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

Prices are listed for members/non-members

## SMALL GROUP FITNESS CLASSES Southeast Branch

WINTER/SPRING 2019

Session 2: February 18-April 14  
Session 3: April 15-June 2

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	6:00-7:00 pm		\$55/\$138
Sat	7:00-8:00 am	Session 2 ONLY	\$38/\$95

Cycling Studio

### CYCLE-IN **ML**

M/F	6:00-6:45 am		\$46/\$115
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
F	10:45-11:30 am		\$45/\$113

Total Body Studio

### INDO-ROW™ **ML**

M	10:30-11:15 am		\$45/\$113
W	6:00-6:45 am		\$45/\$113
Th	10:30-11:15 am		\$45/\$113

Fitness Room 1

**ML**

### ROW & SCULPT

M	6:30-7:15pm		\$45/\$113
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Fitness Room 1

### HIIT STRENGTH with TRX **ML**

Th	9:30-10:15 am		\$45/\$113
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Fitness Room 2

### PRIMETIME PLUS **B**

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

### ROWING/TRX **ML**

W	10:30-11:15 am		\$45/\$113
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### TOTAL BODY STRENGTH

M	5:30-6:30 pm	<b>A</b>	\$50/\$125
T	8:45-9:30 am	<b>ML</b>	\$45/\$113
T	10:45-11:30 am	<b>ML</b>	\$45/\$113
T	4:30-5:15pm	<b>ML</b>	\$45/\$113
T	6:00-6:45 pm	<b>ML</b>	\$45/\$113
W	5:45-6:30 pm	<b>ML</b>	\$45/\$113
Th	6:00-6:45 am	<b>ML</b>	\$45/\$113
Th	8:30-9:15 am	<b>ML</b>	\$45/\$113
Th	9:30-10:15 am	<b>ML</b>	\$45/\$113
F	8:00-8:45 am	<b>A</b>	\$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 Amy Plunkett, 812-961-2171, to schedule an appointment.  
At least 24-hour notice is required for cancellation of any session.

### TRX SUSPENSION TRAINING **I**

W	6:45-7:30 pm	\$45/\$113
T	6:00-6:45 am	\$45/\$113
T	8:30-9:15 am	\$57/\$143

Fitness Room 2

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



# MONROE COUNTY YMCA

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

Questions? Contact Amy Plunkett, 961-2171 or email [aplunkett@monroecountyyymca.org](mailto:aplunkett@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

### WINTER/SPRING 2019

Session 1: January 2-February 17  
Session 2: February 18-April 14  
Session 3: April 15-June 2

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

**AQUA-FIT DEEP WATER**  
M/W/F      9:00-9:55 am      **I**      \$53/\$133  
M/W      12:00-12:55 pm      **ML**      \$50/\$125  
Main Pool-deep

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

### 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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Prices are listed for members/non-members

## YOGA /PILATES/TAI CHI Southeast Branch

### WINTER/SPRING 2019

Session 2: February 18-April 14

Session 3: April 15-June 2

For Group-Ex Land, Water, 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.

## YOGA

### YOGA LEVEL I **ML**

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**

M/W	8:00-9:15 am	\$69/\$173
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

### 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
Th	10:45-11:30 am	\$45/\$113
Total Body Studio		

## TAI CHI

### 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