



CLASSES INCLUDED IN YOUR MEMBERSHIP

Southeast

June 2019

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	Zumba 8:15-9:00 AM	Boot Camp 6:00-6:45 AM	RIPPED 9:30-10:30 AM
Power Pump 8:00-9:00 AM	Aqua Fit Deep 8:50-9:45 AM	Morning Mix 8:15-9:00 AM	Aqua Fit Deep 8:50-9:45 AM	Power Pump 8:00-9:00 AM	
Morning Mix 8:15-9:00 AM	Zumba 9:15-10:00 AM	Power Pump 9:15-10:15 AM	PiYo 9:15-10:15 AM	Yoga/Pilates Mix 8:15-9:15 AM	
Power Pump 9:15-10:15 AM	Barre 10:15-11:15 AM	Power Flow Yoga 10:45-11:45 AM	HIIT Yoga 9:30-10:15 AM	Morning Mix 8:15-9:00 AM	
Posture and Balance Through Pilates 10:45-11:45 AM	Bosu Strength Circuit 10:30-11:00 AM	Arthritis Aquatics Basic 12:05-12:50 PM	Bosu Strength Circuit 10:30-11:00 AM	Cardio Blast 9:15-10:15 AM	
Power Flow Yoga 11:30 AM -12:30 PM	Arthritis Aquatics Plus 10:45-11:30 AM	Barre 5:30-6:30 PM	Arthritis Aquatics Plus 10:45-11:30 AM	Power Pump 9:15-10:15 AM	
Arthritis Aquatics Basic 12:05-12:50 PM	Power Pump 5:30-6:15 PM	RIPPED 6:35-7:35 PM	P90X 5:30-6:25 PM	Cycle and Circuit 10:30-11:30 AM	
Gentle Yoga 12:30-1:30 PM	Zumba Gold 5:30-6:15 PM		Zumba Gold 5:30-6:15 PM	Gentle Yoga 12:00-1:00 PM	
Sitting Fit w/Yoga 2:00-2:45 PM	Gentle Yoga 5:45-6:45 PM		Gentle Yoga 5:45-6:45 PM	Arthritis Aquatics Basic 12:05-12:50 PM	
Barre 5:30-6:30 PM					
Cardio Kickboxing 5:30-6:15 PM					

ROOM KEY: Cardinal Court ■ Cycle Studio ■ Fit Room 1 ■ Fit Room 2 ■
 Main Pool ■ Multipurpose Pool ■ Yoga Studio ■

Please check the website for complete descriptions and current schedule. Classes are subject to change.
www.MonroeCountyYMCA.org



MONROE COUNTY YMCA

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

Questions? Contact Cara McGowan, (812) 961-2171
or email cmcgowan@monroecountyymca.org.

For class descriptions and more program information,
see program catalog on monroecountyymca.org

Prices are listed for members/non-members

SMALL GROUP FITNESS CLASSES Southeast Branch

JUNE 2019

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 \$40/\$100
Cycling Studio

CYCLE-IN **ML**

T/Th 9:15-10:00 am \$32/\$80
Cycling Studio

GENTLE TOTAL BODY STRENGTH **B**

T 9:45-10:30 am \$28/\$70
Total Body Studio

INDO-ROW™ **ML**

M 10:30-11:15 am \$28/\$70
W 5:30-6:15 pm \$28/\$70
Fitness Room 1

ROW STRONG **A**

Th 10:30-11:15 am \$28/\$70
Fitness Room 1

KETTLEBELL PUMP **ML**

T 9:30-10:15 am \$28/\$70
Fitness Room 2

PRIMETIME PLUS **B**

M/W 9:15-10:15 am \$27/\$40
Fitness Room 2

ROWING/TRX **ML**

W 10:30-11:15 am \$28/\$70
Fitness Room 2

TOTAL BODY STRENGTH

M 5:30-6:30 pm **A** \$31/\$78
T 8:45-9:30 am **ML** \$28/\$70
T 10:45-11:30 am \$28/\$70
T 4:30-5:15pm **ML** \$28/\$70
T 6:00-6:45 pm **ML** \$28/\$70
W 5:45-6:30 pm **ML** \$28/\$70
Th 6:00-6:45 am **ML** \$28/\$70
Th 8:30-9:15 am **ML** \$28/\$70
Th 9:30-10:15 am \$28/\$70
F 8:00-8:45 am **A** \$28/\$70
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 Cara McGowan, (812) 961-2171, to schedule an appointment. At least 24-hour notice is required for cancellation of any session.

TRX SUSPENSION TRAINING **I**

T 6:00-6:45 am \$28/\$70
T 8:30-9:15 am \$28/\$70
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 Cara McGowan, (812) 961-2171
or email cmcgowan@monroecountyyymca.org.

For class descriptions and more program
information: monroecountyyymca.org

Prices are listed for members/non-members

ADULT WATER CLASSES Southeast Branch

JUNE 2019

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

M/W/F 10:00-10:45 am **ML** \$34/\$85
Main Pool

AQUA-FIT DEEP WATER

M/W/F 9:00-9:55 am **I** \$34/\$78
M/W 12:00-12:55 pm **ML** \$31/\$78
Main Pool

AQUA-FIT SHALLOW WATER

M/W 6:15-7:00 am **B** \$28/\$70
M/W/F 9:00-9:55 am **ML** \$34/\$85
M/W/F 6:00-6:55 pm **B** \$34/\$85
T/Th 9:00-9:55 am **ML** \$31/\$78
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 class descriptions and more program information: monroecountyyymca.org

Prices are listed for members/non-members

YOGA /PILATES/TAI CHI Southeast Branch

JUNE 2019

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	\$38/\$95
T	12:00-1:00 pm	\$22/\$55
T/Th	9:15-10:15 am	\$38/\$95
T/Th	12:00-1:00 pm	\$38/\$95
T/Th	7:00-8:00 pm	\$38/\$95
Th	12:00-1:00 pm	\$22/\$55
Sat	10:00-11:00 am	\$22/\$55

Yoga/Pilates Studio

YOGA LEVEL II **I**

M/W	8:00-9:15 am	\$43/\$108
T/Th	7:45-9:00 am	\$43/\$108
T/Th	10:30-11:45 am	\$43/\$108
T/Th	4:00-5:15 pm	\$43/\$108
Sat	8:15-9:45 am	\$30/\$75
Sat	11:15 am-12:30 pm	\$26/\$65
Sun	5:30-7:00 pm	\$30/\$75

Yoga/Pilates Studio

YOGA LAB **I**

W	7:00-8:15 pm	\$35/\$88
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Yoga/Pilates Studio

PILATES

MAT PILATES **I**

M/W	9:30 -10:30 am	\$38/\$95
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Yoga/Pilates Studio

TOTAL BODY PILATES **I**

M	12:00-12:45 pm	\$28/\$70
W	10:45-11:30 am	\$28/\$70
Th	10:45-11:30 am	\$28/\$70

Total Body Studio

TAI CHI

TAI CHI FOR RELAXATION **I**

Sun	5:00-6:00 pm	JUNE ONLY	\$22/\$55
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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