



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 2: Feb 20- Apr 16

Session 3: Apr 17- Jun 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 ♥ - Included in Your Membership

60 MINUTE CYCLING **I** Maximum 18 participants

M/W/F 9:15-10:15 am \$56/\$140
M/W* 6:30-7:30 pm \$53/\$132
Sat* 7:00-8:00 am \$36/\$90

Cycling Studio

*session 1 and 2 only

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**

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

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
T/Th* 4:45-5:30 pm \$44/\$110

Cycle Studio

*session 1 and 2 only

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
M 6:30-7:15 pm \$45/\$113
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 2

LONG & LEAN TOTAL BODY STRENGTH **ML**

W 9:30-10:15 am \$45/\$113
Total Body Studio

More classes on the back!

Group Exercise Southeast Branch (con't)

MORNING MIX **B**

M/W/F 8:15-9:00 am
Cardinal Court



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**

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 9:30-10:30 am
Fitness Room 2

\$56/\$140

RIDE AND RENEW **ML**

Sat 9:15-10:15 am
Cycle studio



R.I.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.E.D.™ CORE **ML**

Sat 9:00 - 9:15 am
Fitness Room 1



ROWING/TRX **ML**

W 11:15 am-12:00 pm
Fitness Room 1

\$34/\$85

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	Heart icon
Fitness Room 1		
W	9:15-10:00 am	Heart icon
Fitness Room 1		
Th	9:15-10:00 am	Heart icon
Cardinal Court		
F	5:30-6:15 pm	Heart icon
Fitness Room 1		

ZUMBA GOLD **B**

M	5:30-6:15 pm	Heart icon
Fitness Room 2		
Th	5:30-6:15 pm	Heart icon
Fitness Room 2		



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SOUTHEAST BRANCH
2125 South Highland Avenue
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For class descriptions and more program information: monroecountyyymca.org

Prices are listed for members/non-members

ADULT WATER CLASSES Southeast Branch

WINTER/SPRING 2017
Session 2- Feb 20- April 16
Session 3 April 17-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 **♥** - 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 \$55/\$137

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 \$36/\$100
Main Pool-deep

AQUA-FIT DEEP WATER
M/W/F 9:00-9:55 am **I** \$50/\$125
M/W/F 12:00-12:55 pm **ML** \$50/\$125
T/Th 8:50-9:45 am **B** ♥
Main Pool-deep

AQUA-FIT SHALLOW WATER
M/W 6:15-7:00 am **B** \$44/\$110
M/W/F 9:00-9:55 am **B** \$50/\$125
M/W/F 6:00-6:55 pm **B** \$50/\$125
T/Th 9:00-9:55 am **ML** \$48/\$120
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

WINTER/SPRING 2017

Session 2: Feb 20- Apr 16

Session 3: Apr 17- Jun 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

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YOGA

SITTING FIT WITH YOGA **I**

M 2:00-2:45 pm
W 2:00-2:45 pm



YOGA LEVEL III **A**

T/Th 5:30- 6:45 pm
Multipurpose Room

\$64/\$160

NICE AND EASY YOGA **B**

M/W 12:00-1:00 pm

\$53/\$132

CORE FLOW **I**

F 10:45-11:45 am



GENTLE YOGA **ML**

T/Th 5:45- 6:45 pm
F 12:00-1:00 pm



ENCORE **ML**

Th 12:00-1:15 pm

\$37/\$92

YOGA LEVEL I **ML**

M/W 5:45-6:45 pm
T 12:00-1:00 pm
T/Th 9:15-10:15 am
T/Th 7:00-8:00 pm
F 9:30-10:30 am
Sat 10:00-11:00 am

\$53/\$132
\$32/\$80
\$53/\$132
\$53/\$132
\$32/\$80
\$32/\$80

POWER FLOW **I**

M 11:30 am-12:15 pm
Fit Room 1
W 10:45-11:45 am
Yoga Studio



YOGA/PILATES MIX **ML**

F 8:15-9:15 am



YOGA LEVEL II **I**

M/W 8:00-9:15 am
T/Th 7:45-9:00 am
T/Th 10:30-11:45 am
T/Th 4:00-5:15 pm
F 6:45-8:00 am
Sat 8:15-9:45 am
Sat 11:15 am-12:30 pm
Sun 5:30 - 7:00 pm

\$64/\$160
\$64/\$160
\$64/\$160
\$64/\$160
\$37/\$92
\$44/\$110
\$37/\$92
\$44/\$110

YOGA FUSION **ML**

T 9:15-10:00 am
Fit Room 2

\$30/\$75

See more on the back...

PILATES



POSTURE AND BALANCE THROUGH PILATES

M 10:45-11:45am 
Yoga/Pilates Studio


MAT PILATES

M/W 9:30 -10:30 am \$53/\$132
Yoga/Pilates Studio

BARRE

T 10:15-11:15 am 
Fitness Room 1
T 6:00-7:00 pm 
Fitness Room 2

PiYo

Th 9:30-10:15 am 
Fitness Room 1

YOGA/PILATES MIX

F 8:15-9:15 am 
Yoga/Pilates Studio

LONG & LEAN TOTAL BODY STRENGTH

W 9:30-10:15 am \$45/\$113
Total Body Studio

TOTAL BODY PILATES

M 12:00-12:45 pm \$45/\$113
W 10:45-11:30 am \$45/\$113
W 4:45-5:30 pm \$45/\$113
Th 10:45-11:30 am \$45/\$113
Total Body Studio


GENTLE TOTAL BODY STRENGTH

T 9:45-10:30 am \$45/\$113
Th 8:30-9:15am \$45/\$113
F 10:45-11:30 am \$45/\$113
Total Body Studio

For other time options, please see Total Body Strength on the Group Exercise SE flyer.

TAI CHI

TAI CHI FOR ARTHRITIS

T/Th 11:30 am-12:15 pm 
Fitness Room 2

TAI CHI FOR LIFE

W/F 11:30am-12:15 pm \$45/\$112
Sun 5:00-6:00 pm \$32/\$80
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