



# 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](mailto:gebel@monroecountyyymca.org).

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

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 \$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



# MONROE COUNTY YMCA

SOUTHEAST BRANCH  
2125 South Highland Avenue  
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812-332-5555

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or email [gebel@monroecountyyymca.org](mailto:gebel@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 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

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 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

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 **I**

M 2:00-2:45 pm ♥  
W 2:00-2:45 pm ♥

#### GENTLE YOGA **ML**

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

#### YOGA LEVEL I **ML**

M/W 5:45-6:45 pm \$53/\$132  
T 12:00-1:00 pm \$32/\$80  
T/Th 9:15-10:15 am \$53/\$132  
T/Th 7:00-8:00 pm \$53/\$132  
F 9:30-10:30 am \$32/\$80  
Sat 10:00-11:00 am \$32/\$80

#### YOGA LEVEL II **I**

M/W 8:00-9:15 am \$64/\$160  
T/Th 7:45-9:00 am \$64/\$160  
T/Th 10:30-11:45 am \$64/\$160  
T/Th 4:00-5:15 pm \$64/\$160  
F 6:45-8:00 am \$37/\$92  
Sat 8:15-9:45 am \$44/\$110  
Sat 11:15 am-12:30 pm \$37/\$92  
Sun 5:30 - 7:00 pm \$44/\$110

#### YOGA LEVEL III **A**

T/Th 5:30- 6:45 pm \$64/\$160  
Multipurpose Room

#### CORE FLOW **I**

F 10:45-11:45 am ♥

#### ENCORE **ML**

Th 12:00-1:15 pm \$37/\$92

#### 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 FUSION **ML**

T 9:15-10:00 am \$30/\$75  
Fit Room 2

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  
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            |