



MONROE COUNTY YMCA

SOUTHEAST BRANCH
 2125 S. Highland Ave.
 Bloomington, IN 47401
 812-332-5555

Questions? Contact Amy Plunkett, 961-2171
 or email aplunkett@monroecountyyymca.org.
For class descriptions and more program information: monroecountyyymca.org

Prices are listed for members/non-members

YOGA /PILATES/TAI CHI Southeast Branch

FALL 2018

Session 6: September 10–October 28
 Session 7: October 29–December 16

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

PRENATAL YOGA

M	7:00–7:55 pm	September	\$20/\$50 Per Month
W	12:00–12:55 pm	October/November	

*Free to members December 5 & 12

YOGA FOR STRENGTH ■

T	6:00–7:00 am	\$35/\$88
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YOGA LAB ■

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
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Yoga/Pilates Studio

TOTAL BODY PILATES I

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

TAI CHI

CHI KUNG FOR BALANCE ML

W	11:30 am–12:15 pm	\$33/\$83
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Fitness Room 2

TAI CHI FOR RELAXATION I

Sun	5:00–6:00 pm	\$35/\$88
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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