



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

WINTER/SPRING 2019

Session 1: January 2-February 17
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

PRENATAL YOGA

W	12:00-12:55 pm	\$20/\$50 Per Month
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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