



CLASSES INCLUDED IN YOUR MEMBERSHIP 2018

Southeast FALL 2018

Session 6: September 10–October 28

Session 7: October 29–December 16

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	RIPPED 6:00–7:00 AM	Boot Camp 6:00–6:45 AM	RIPPED 7:30–8:45 AM
Power Pump 8:00–9:00 AM	Aqua Fit Deep 8:50–9:45 AM	Power Pump 8:00–9:00 AM	Aqua Fit Deep 8:50–9:45 AM	Power Pump 8:00–9:00 AM	Cycling 9:15–10:00 AM
Morning Mix 8:15–9:00 AM	Bootcamp 9:15–10:15 AM	Morning Mix 8:15–9:00 AM	Zumba 9:15–10:00 AM	Yoga/Pilates Mix 8:15–9:15 AM	RIPPED 9:30–10:30 AM
Power Pump 9:15–10:15 AM	Zumba 9:15–10:00 AM	Power Pump 9:15–10:15 AM	PiYo 9:15–10:15 AM	Morning Mix 8:15–9:00 AM	
Step Aerobics 9:15–10:15 AM	Barre 10:15–11:15 AM	Zumba 9:15–10:00 AM	Bosu Strength Circuit 10:45–11:15 AM	Cardio Blast 9:15–10:15 AM	
Posture and Balance Through Pilates 10:45–11:45 AM	Bosu Strength Circuit 10:45–11:15 AM	Power Flow Yoga 10:45–11:45 AM	Kickboxing 10:30–11:15 AM	Power Pump 9:15–10:15 AM	
Power Flow Yoga 11:30 AM –12:30 PM	Arthritis Aquatics Plus 10:45–11:30 AM	Arthritis Aquatics Basic 12:05–12:50 PM	Arthritis Aquatics Plus 10:45–11:30 AM	Just Stretch 10:30–11:00 AM	
Arthritis Aquatics Basic 12:05–12:50 PM	Tai Chi for Arthritis 11:30 AM–12:15 PM	Sitting Fit W/Yoga 2:00–2:45 PM	Tai Chi for Arthritis 11:30 AM –12:15 PM	Cycle and Circuit 10:30–11:30 AM	
Gentle Yoga 12:30–1:30 PM	Arthritis Aquatics Basic 12:00–12:45 PM	Cardio Sculpt 4:30–5:15 pm	Arthritis Aquatics Basic 12:00–12:45 PM	Core Flow Yoga 10:45–11:45 AM	
Sitting Fit W/Yoga 2:00–2:45 PM	Power Pump 5:30–6:15 PM	Boot Camp 5:30–6:25 PM	P90X 5:30–6:25 PM	Gentle Yoga 12:00–1:00 PM	
Barre 5:30–6:30 PM	Zumba Gold 5:30–6:15 PM	Barre 5:30–6:30pm	Zumba Gold 5:30–6:15 PM	Arthritis Aquatics Basic 12:05–12:50 PM	
Boot Camp 5:30–6:25 PM	Gentle Yoga 5:45–6:45 PM	RIPPED 6:35–7:35 PM	Gentle Yoga 5:45–6:45 PM		
			Power Flow Yoga 6:30–7:30 PM		

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



MONROE COUNTY YMCA

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

Questions? Contact Amy Plunkett, 812-961-2171
or email aplunkett@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

FALL 2018

Session 6: Sept. 10-Oct. 28
Session 7: Oct.29-Dec.16

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		\$59/\$148
M/W	6:00-7:00 pm	Session 7 only	\$55/\$138
Sat	7:00-8:00 am	Session 7 only	\$38/\$95

Cycling Studio

CYCLE-IN **ML**

M/W/F	6:00-6:45 am		\$58/\$145
T/Th	7:00-7:45 am		\$46/\$115
T/Th	9:15-10:00 am		\$46/\$115
T/Th	4:45-5:30 pm	Session 7 only	\$46/\$115

Cycle Studio

GENTLE TOTAL BODY STRENGTH **B**

T	9:45-10:30 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

HIIT CIRCUIT **ML**

T/Th	9:30-10:30 am		\$55/\$138
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Fitness Room 2

PRIMETIME PLUS **B**

M/W/F	9:15-10:15 am		\$59/\$148
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Fitness Room 2

ROWING/TRX **ML**

W	10:30-11:15 am		\$45/\$113
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TOTAL BODY STRENGTH

M	5:30-6:30 pm	ML	\$50/\$125
T	8:45-9:30 am	ML	\$45/\$113
T	10:45-11:30 am	ML	\$45/\$113
T	6:00-6:45 pm	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

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 Amy Plunkett, 812-961-2171, to schedule an appointment.
At least 24-hour notice is required for cancellation of any session.

TRX SUSPENSION TRAINING **I**

M	6:45-7:30 pm		\$45/\$113
W	6:45-7:30 pm		\$45/\$113
T	6:00-6:45 am		\$45/\$113
T/Th	8:30-9:15 am		\$57/\$143
Th	6:00-6:45 am		\$45/\$113

Fitness Room 2



MONROE COUNTY YMCA

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

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

Prices are listed for members/non-members

ADULT WATER CLASSES Southeast Branch

FALL 2018

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

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 **ML**
M/W/F 10:00-10:45 am \$53/\$133
Main Pool-deep

30 MINUTE WATER RUNNING **A**
T/Th 10:00-10:30 am \$38/\$95
Main Pool-deep

AQUA-FIT DEEP WATER
M/W/F 9:00-9:55 am **I** \$53/\$133
M/W/F 12:00-12:55 pm **ML** \$53/\$133
Main Pool-deep

AQUA-FIT SHALLOW WATER
M/W 6:15-7:00 am **B** \$46/\$115
M/W/F 9:00-9:55 am **B** \$53/\$133
M/W/F 6:00-6:55 pm **B** \$53/\$133
T/Th 9:00-9:55 am **ML** \$50/\$125
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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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

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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	\$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
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
Fitness Room 2		

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