



CLASSES INCLUDED IN YOUR MEMBERSHIP

Southeast Y
Winter/Spring 2020

These classes are included in your membership to introduce you to new programs or supplement your existing class activities. **For a complete schedule with dates, times, and live updates, please visit our website or mobile app.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boot Camp 6:00-6:45 AM	Aqua Fit Deep 8:50-9:45 AM	Boot Camp 6:00-6:45 AM	Aqua Fit Deep 8:50-9:45 AM	Boot Camp 6:00-6:45 AM	60 Minute Cycling 7:00-8:00 AM
Power Pump 8:00-9:00 AM	Zumba 9:15-10:00 AM	Power Pump 8:00-9:00 AM	Zumba 9:15-10:00 AM	Power Pump 8:00-9:00 AM	RIPPED 7:30-8:30 AM
Morning Mix 8:15-9:00 AM	HIIT Yoga 9:30-10:15 AM	Morning Mix 8:15-9:00 AM	PiYo 9:15-10:15 AM	Yoga/Pilates Mix 8:15-9:15 AM	RIPPED 9:30-10:30 AM
Power Pump 9:15-10:15 AM	Barre 10:15-11:15 AM	Zumba 9:15-10:00 AM	Bosu Strength Circuit 10:30-11:00 AM	Morning Mix 8:15-9:00 AM	
Step Aerobics 9:15-10:15 AM	Bosu Strength Circuit 10:30-11:00 AM	Power Pump 9:15-10:15 AM	Arthritis Aquatics Plus 10:45-11:30 AM	Cardio Blast 9:15-10:15 AM	
Posture and Balance Through Pilates 10:45-11:45 AM	Arthritis Aquatics Plus 10:45-11:30 AM	Power Flow Yoga 10:45-11:45 AM	Zumba Gold 5:30-6:15 PM	Power Pump 9:15-10:15 AM	
Power Flow Yoga 11:30 AM -12:30 PM	Arthritis Aquatics Plus 12:00-12:45 AM	Arthritis Aquatics Basic 12:05-12:50 PM	P90X 5:30-6:25 PM	Just Stretch 10:30-11:00 AM	
Arthritis Aquatics Basic 12:05-12:50 PM	Zumba Gold 5:30-6:15 PM	Sitting Fit: Chi Kung 2:00-2:45 PM	Gentle Yoga 5:45-6:45 PM	Cycle and Circuit 10:30-11:30 AM	
Gentle Yoga 12:30-1:30 PM	Gentle Yoga 5:45-6:45 PM	Barre 5:30-6:15 PM	Power Flow Yoga 6:30-7:30 PM	Core Flow Yoga 10:45-11:45 AM	
Sitting Fit : Yoga 2:00-2:45 PM	HIIT 6:30-7:00 PM	RIPPED 5:45-6:45 PM		Gentle Yoga 12:00-1:00 PM	
Just Core 5:00-5:20 PM				Arthritis Aquatics Basic 12:05-12:50 PM	
Barre 5:30-6:15 PM					
Cardio Kick HIIT 5:30-6:15 PM					
Vin to Yin 7:00-8:00 PM					

ROOM KEY: Cardinal Court ■ Cycle Studio ■ Fit Room 1 ■ Fit Room 2 ■
Main Pool ■ Multipurpose Pool ■ Yoga Studio ■

Please check the website for complete descriptions and current schedule. Classes are subject to change. For a complete schedule with dates, times, and live updates, please visit our website or mobile app.



MONROE COUNTY YMCA

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

Questions? Contact Cara McGowan at (812) 961-2171 or cmcgowan@monroecountyyymca.org.
For a complete schedule with dates, times, and live updates, please visit our website or mobile app.

Prices are listed for members/non-members

SMALL GROUP FITNESS CLASSES Southeast Branch WINTER/SPRING 2020

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

CYCLING 2.5 I
M/F 9:15-10:15 am \$37/\$92
AND
W 9:15-9:45 am

**WEDNESDAY CYCLING 2.5 ADD-ON OPTION:
SYNRGY360 A**
W 9:50-10:20 am \$16
Wednesday Cycling 2.5 can be paired with Wednesday SYNRGY360 for an additional \$16!
Cycling Studio

CYCLE-IN ML
M/W 6:00-6:45 am \$33/\$81
T/Th 7:00-7:45 am \$33/\$81
T/Th 9:15-10:00 am \$33/\$81
T/Th 4:45-5:30 pm \$33/\$81
Cycling Studio

GENTLE TOTAL BODY STRENGTH B
T 9:45-10:30 am \$29/\$71
Th 8:30-9:15 am \$29/\$71
F 9:30-10:15 am \$29/\$71
Total Body Studio

INDO-ROW™ ML
M 10:30-11:15 am \$29/\$71
W 6:00-6:45 am \$29/\$71
Fitness Room 1

KETTLEBELL PUMP ML
T 5:30-6:15 pm \$29/\$71
Fitness Room 2

PRIMETIME PLUS B
M/W/F 9:15-10:15 am \$37/\$91
Fitness Room 2

TRX SUSPENSION TRAINING I
T 6:00-6:45 am \$29/\$71
T 8:30-9:15 am \$29/\$71
W 7:00-7:45 pm \$29/\$71
Th 6:00-6:45 am \$29/\$71
Fitness Room 2

ROWING/TRX ML
W 10:30-11:15 am \$29/\$71
Fitness Room 2

TOTAL BODY STRENGTH ML
M 5:30-6:30 pm \$32/\$79
T 8:45-9:30 am \$29/\$71
T 10:45-11:30 am \$29/\$71
T 4:30-5:15pm \$29/\$71
W 5:45-6:30 pm \$29/\$71
Th 6:00-6:45 am \$29/\$71
Th 9:30-10:15 am \$29/\$71
F 8:00-8:45 am \$29/\$71
Total Body Studio

PRIVATE/SEMI PRIVATE TOTAL BODY WORKOUT SESSIONS

	Single Class	Package of 4 Classes
Private session:	\$41	\$145
2 people:	\$31 each	\$109 each
3 people:	\$21 each	\$73 each

Contact Cara McGowan, (812) 961-2171, to schedule an appointment. At least 24-hour notice is required for cancellation of any session.

The Group Exercise Program Cancellation Policy is as follows:
For the Y to continue providing excellent programming, we require program cancellations be provided in writing by the 25th of the month prior to the program start date to receive a full refund. Cancellations received between the 26th and the start of the program will be charged 50% of the monthly program registration fee. Cancellations submitted after the start of the program will only be refunded upon Director approval on a case-by-case basis.



MONROE COUNTY YMCA

SOUTHEAST BRANCH
2125 South Highland Avenue
Bloomington, IN 47401

812-332-5555

Questions? Contact Cara McGowan at (812) 961-2171 or cmcgowan@monroecountyymca.org.

For class descriptions and more program information, download our app!

Prices are listed for members/non-members

WATER CLASSES Southeast Branch

WINTER/SPRING 2020

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

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ARTHRITIS AQUATICS DEEP WATER

M/W/F 10:00-10:45 am **ML** \$35/\$86
Main Pool

AQUA-FIT DEEP WATER

M/W/F 9:00-9:55 am **I** \$35/\$79
M/W 12:00-12:55 pm **ML** \$32/\$79
Main Pool

AQUA-FIT SHALLOW WATER

M/W 6:15-7:00 am **B** \$29/\$71
M/W/F 9:00-9:55 am **ML** \$35/\$86
M/W/F 6:00-6:55 pm **B** \$35/\$86
Multipurpose Pool

PRIVATE & SEMI-PRIVATE LESSONS

Swimming lessons for ages 3 and up.
Private 4 half-hour lessons \$81/\$116
Semi-Private 4 half-hour lessons \$121/\$156
(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 Southeast Branch

WINTER/SPRING 2020

For Group-Ex Land, Water, or Membership-Included Classes please see their separate fliers.

KEY: **B** - Basic **I** - Intermediate **ML** - Multi-Level **A** - Advanced

Class schedule may be subject to change. Please see our mobile app for live updates.

Cancellation Policy: The YMCA reserves the right to cancel any program which does not meet minimum enrollment standards.

YOGA LEVEL I **ML**

M/W	5:45-6:45 pm	\$39/\$96
T	12:00-1:00 pm	\$23/\$56
T/Th	9:15-10:15 am	\$39/\$96
T/Th	12:00-1:00 pm	\$39/\$96
T/Th	7:00-8:00 pm	\$39/\$96
Th	12:00-1:00 pm	\$23/\$56
Sat	10:00-11:00 am	\$23/\$56

Yoga/Pilates Studio

YOGA LEVEL II **I**

M/W	8:00-9:15 am	\$44/\$109
T/Th	7:45-9:00 am	\$44/\$109
T/Th	10:30-11:45 am	\$44/\$109
T/Th	4:00-5:15 pm	\$44/\$109
Sat	8:15-9:45 am	\$30/\$75
Sat	11:15 am-12:30 pm	\$26/\$65
Sun	5:30-7:00 pm	\$30/\$75

Yoga/Pilates Studio

YOGA LAB **I**

W	7:00-8:15 pm	\$36/\$89
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Yoga/Pilates Studio

YOGA FOR BEGINNERS **B**

F	9:30-10:30 am	\$23/\$56
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Yoga/Pilates Studio

FLOW AND STRENGTH **I**

T	6:00-6:45 am	\$23/\$56
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Yoga/Pilates Studio

MAT PILATES **I**

M/W	9:30-10:30 am	\$39/\$96
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Yoga/Pilates Studio

TOTAL BODY PILATES **I**

M	12:00-12:45 pm	\$29/\$71
W	10:45-11:30 am	\$29/\$71
Th	10:45-11:30 am	\$29/\$71

Total Body Studio

PRIVATE/SEMI-PRIVATE YOGA AND PILATES INSTRUCTION

	Single Class	Package of 4 Classes
Private Session	\$41	\$145
2 People	\$31 each	\$109 each
3 People	\$21	\$73 each

TAI CHI **I**

M/W	6:30-7:30 pm	\$39/\$96
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Fitness Room 2