



# CLASSES INCLUDED IN YOUR MEMBERSHIP

## Southeast September 2019

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
<b>Boot Camp</b> 6:00-6:45 AM	<b>RIPPED</b> 6:00-7:00 AM	<b>Boot Camp</b> 6:00-6:45 AM	<b>Aqua Fit Deep</b> 8:50-9:45 AM	<b>Boot Camp</b> 6:00-6:45 AM	<b>RIPPED</b> 7:30-8:30 AM
<b>Power Pump</b> 8:00-9:00 AM	<b>Aqua Fit Deep</b> 8:50-9:45 AM	<b>Power Pump</b> 8:00-9:00 AM	<b>Zumba</b> 9:15-10:00 AM	<b>Power Pump</b> 8:00-9:00 AM	<b>RIPPED</b> 9:30-10:30 AM
<b>Morning Mix</b> 8:15-9:00 AM	<b>Zumba</b> 9:15-10:00 AM	<b>Morning Mix</b> 8:15-9:00 AM	<b>PiYo</b> 9:15-10:15 AM	<b>Yoga/Pilates Mix</b> 8:15-9:15 AM	
<b>Power Pump</b> 9:15-10:15 AM	<b>HIIT Yoga</b> 9:30-10:15 AM	<b>Zumba</b> 9:15-10:00 AM	<b>Bosu Strength Circuit</b> 10:30-11:00 AM	<b>Morning Mix</b> 8:15-9:00 AM	
<b>Step Aerobics</b> 9:15-10:15 AM	<b>Barre</b> 10:15-11:15 AM	<b>Power Pump</b> 9:15-10:15 AM	<b>Arthritis Aquatics Plus</b> 10:45-11:30 AM	<b>Cardio Blast</b> 9:15-10:15 AM	
<b>Posture and Balance Through Pilates</b> 10:45-11:45 AM	<b>Bosu Strength Circuit</b> 10:30-11:00 AM	<b>Power Flow Yoga</b> 10:45-11:45 AM	<b>Zumba Gold</b> 5:30-6:15 PM	<b>Power Pump</b> 9:15-10:15 AM	
<b>Power Flow Yoga</b> 11:30 AM -12:30 PM	<b>Arthritis Aquatics Plus</b> 10:45-11:30 AM	<b>Arthritis Aquatics Basic</b> 12:05-12:50 PM	<b>P90X</b> 5:30-6:25 PM	<b>Just Stretch</b> 10:30-11:00 AM	
<b>Arthritis Aquatics Basic</b> 12:05-12:50 PM	<b>Arthritis Aquatics Plus</b> 12:00-12:45 AM	<b>Sitting Fit: Chi Kung</b> 2:00-2:45 PM	<b>Gentle Yoga</b> 5:45-6:45 PM	<b>Cycle and Circuit</b> 10:30-11:30 AM	
<b>Gentle Yoga</b> 12:30-1:30 PM	<b>Zumba Gold</b> 5:30-6:15 PM	<b>RIPPED</b> 5:15-6:15 PM	<b>Power Flow Yoga</b> 6:30-7:30 PM	<b>Core Flow Yoga</b> 10:45-11:45 AM	
<b>Sitting Fit : Yoga</b> 2:00-2:45 PM	<b>Gentle Yoga</b> 5:45-6:45 PM	<b>Barre</b> 5:30-6:15 PM		<b>Gentle Yoga</b> 12:00-1:00 PM	
<b>Just Core</b> 5:00-5:20 PM	<b>HIIT</b> 6:30-7:00 PM			<b>Arthritis Aquatics Basic</b> 12:05-12:50 PM	
<b>Barre</b> 5:30-6:15 PM					
<b>Cardio Kick HIIT</b> 5:30-6:15 PM					
<b>Vin to Yin</b> 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.  
[www.MonroeCountyYMCA.org](http://www.MonroeCountyYMCA.org)



# 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](mailto:cmcgowan@monroecountyyymca.org).  
 For class descriptions and more program information, see program catalog on [monroecountyyymca.org](http://monroecountyyymca.org)

Prices are listed for members/non-members

## SMALL GROUP FITNESS CLASSES

### Southeast Branch

### SEPTEMBER 2019

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 \$40/\$100  
 Cycling Studio

**CYCLE-IN **ML****  
 M/F 6:00-6:45 am \$32/\$80  
 T/Th 7:00-7:45 am \$32/\$80  
 T/Th 9:15-10:00 am \$32/\$80  
 Cycling Studio

**GENTLE TOTAL BODY STRENGTH **B****  
 T 9:45-10:30 am \$28/\$70  
 Total Body Studio

**INDO-ROW™ **ML****  
 M 10:30-11:15 am \$28/\$70  
 W 6:00-6:45 am \$28/\$70  
 Th 10:30-11:15 am \$28/\$70  
 Fitness Room 1

**KETTLEBELL PUMP **ML****  
 T 5:30-6:15 pm \$28/\$70  
 Th 9:30-10:15 am \$28/\$70  
 Fitness Room 2

**PRIMETIME PLUS **B****  
 M/W/F 9:15-10:15 am \$36/\$90  
 Fitness Room 2

**TRX SUSPENSION TRAINING **I****  
 T 6:00-6:45 am \$28/\$70  
 T 8:30-9:15 am \$28/\$70  
 W 7:00-7:45 pm \$28/\$70  
 T: Fitness Room 2 | W: Fitness Room 1

**ROWING/TRX **ML****  
 W 10:30-11:15 am \$28/\$70  
 Fitness Room 2

**TOTAL BODY STRENGTH **ML****  
 M 5:30-6:30 pm \$31/\$78  
 T 8:45-9:30 am \$28/\$70  
 T 10:45-11:30 am \$28/\$70  
 T 4:30-5:15pm \$28/\$70  
 T 6:00-6:45 pm \$28/\$70  
 W 5:45-6:30 pm \$28/\$70  
 Th 6:00-6:45 am \$28/\$70  
 Th 8:30-9:15 am \$28/\$70  
 Th 9:30-10:15 am \$28/\$70  
 F 8:00-8:45 am \$28/\$70  
 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 Cara McGowan, (812) 961-2171, to schedule an appointment. At least 24-hour notice is required for cancellation of any session.

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



# 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](mailto:cmcgowan@monroecountyymca.org).

For class descriptions and more program information: [monroecountyymca.org](http://monroecountyymca.org)

Prices are listed for members/non-members

## ADULT WATER CLASSES Southeast Branch

### SEPTEMBER 2019

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

M/W/F 10:00-10:45 am **ML** \$34/\$85  
Main Pool

#### AQUA-FIT DEEP WATER

M/W/F 9:00-9:55 am **I** \$34/\$78  
M/W 12:00-12:55 pm **ML** \$31/\$78  
Main Pool

#### AQUA-FIT SHALLOW WATER

M/W 6:15-7:00 am **B** \$28/\$70  
M/W/F 9:00-9:55 am **ML** \$34/\$85  
M/W/F 6:00-6:55 pm **B** \$34/\$85  
T/Th 9:00-9:55 am **ML** \$31/\$78  
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.



# MONROE COUNTY YMCA

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

Questions? Contact Cara McGowan at (812) 961-2171 or [cmcgowan@monroecountyymca.org](mailto:cmcgowan@monroecountyymca.org).  
**For class descriptions and more program information: [monroecountyymca.org](http://monroecountyymca.org)**

Prices are listed for members/non-members

## YOGA/PILATES Southeast Branch SEPTEMBER 2019

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 LEVEL I **ML****  
M/W 5:45-6:45 pm \$38/\$95  
T 12:00-1:00 pm \$22/\$55  
T/Th 9:15-10:15 am \$38/\$95  
T/Th 12:00-1:00 pm \$38/\$95  
T/Th 7:00-8:00 pm \$38/\$95  
Th 12:00-1:00 pm \$22/\$55  
Sat 10:00-11:00 am \$22/\$55  
Yoga/Pilates Studio

**YOGA LEVEL II **I****  
M/W 8:00-9:15 am \$43/\$108  
T/Th 7:45-9:00 am \$43/\$108  
T/Th 10:30-11:45 am \$43/\$108  
T/Th 4:00-5:15 pm \$43/\$108  
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 \$35/\$88  
Yoga/Pilates Studio

**YOGA FOR BEGINNERS **B****  
F 9:30 -10:30 am \$22/\$55  
Yoga/Pilates Studio

**FLOW AND STRENGTH **B****  
T 6:00-6:45 am \$22/\$55  
Yoga/Pilates Studio

**MAT PILATES **I****  
M/W 9:30 -10:30 am \$38/\$95  
Yoga/Pilates Studio

**TOTAL BODY PILATES **I****  
M 12:00-12:45 pm \$28/\$70  
W 10:45-11:30 am \$28/\$70  
Th 10:45-11:30 am \$28/\$70  
Total Body Studio

**PRIVATE/SEMI-PRIVATE YOGA AND PILATES INSTRUCTION**

	Single Class	Package of 4 Classes
Private Session	\$40	\$144
2 People	\$30 each	\$108 each
3 People	\$20	\$72 each

**TAI CHI **B****  
M/W 6:30 -7:30 pm \$38/\$95  
Fitness Room 2