

CLASSES INCLUDED IN YOUR MEMBERSHIP

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				
Boot Camp 6:00-6:45 AM	RIPPED 6:00-7:00 AM	Boot Camp 6:00-6:45 AM	Aqua Fit Deep 8:50-9:45 AM	Boot Camp 6:00-6:45 AM	RIPPED 7:30-8:30 AM				
Power Pump 8:00-9:00 AM	Aqua Fit Deep 8:50–9:45 AM	Power Pump 8:00-9:00 AM	Zumba 9:15-10:00 AM	Power Pump 8:00-9:00 AM	RIPPED 9:30-10:30 AM				
Morning Mix 8:15-9:00 AM	Zumba 9:15-10:00 AM	Morning Mix 8:15-9:00 AM	PiYo 9:15-10:15 AM	Yoga/Pilates Mix 8:15-9:15 AM					
Power Pump 9:15-10:15 AM Step Aerobics	HIIT Yoga 9:30-10:15 AM Barre	Zumba 9:15-10:00 AM Power Pump	Bosu Strength Circuit 10:30-11:00 AM	Morning Mix 8:15-9:00 AM Cardio Blast					
9:15-10:15 AM	10:15-11:15 AM Bosu Strength	9:15-10:15 AM Power Flow Yoga	Arthritis Aquatics Plus 10:45-11:30 AM	9:15-10:15 AM Power Pump					
Posture and Balance Through Pilates 10:45-11:45 AM	Circuit 10:30-11:00 AM	10:45-11:45 AM Arthritis Aquatics Basic	Zumba Gold 5:30-6:15 PM	9:15-10:15 AM Just Stretch 10:30-11:00 AM					
Power Flow Yoga 11:30 AM -12:30 PM	Plus 10:45-11:30 AM	12:05-12:50 PM Sitting Fit: Chi Kung	P90X 5:30-6:25 PM Gentle Yoga	Cycle and Circuit 10:30-11:30 AM					
Arthritis Aquatics Basic 12:05-12:50 PM	Arthritis Aquatics Plus 12:00-12:45 AM	2:00-2:45 PM RIPPED 5:15-6:15 PM	5:45-6:45 PM Power Flow Yoga 6:30-7:30 PM	Core Flow Yoga 10:45-11:45 AM Gentle Yoga					
Gentle Yoga 12:30-1:30 PM	Zumba Gold 5:30-6:15 PM	Barre 5:30-6:15 PM						12:00-1:00 PM Arthritis Aquatics Basic	
Sitting Fit : Yoga 2:00–2:45 PM	Gentle Yoga 5:45–6:45 PM			12:05-12:50 PM					
Just Core 5:00-5:20 PM	HIIT 6:30-7:00 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 Roo	om 2				
	Main Pool	Multipurpose Po		oga Studio					

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



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, see program catalog on monroecountyymca.org

Prices are listed for members/non-members

SMALL GROUP FITNESS CLASSES Southeast Branch

SEPTEMBER 2019

	For Yoga, Tai Chi, Pilates,		• •	•	eparate fliers.
	KEY: B - Basic	– Intermediate 🖾 -	- Multi-Level	A – Advanced	
60 MINUTE			ROWING/TRX	ML	
M/W/F	9:15-10:15 am	\$40/\$100	W	10:30-11:15 am	\$28/\$70
Cycling Stud	io		Fitness Room 2		
CYCLE-IN	ИЦ		TOTAL BODY S	TRENGTH 🕅	
M/F	6:00-6:45 am	\$32/\$80	Μ	5:30-6:30 pm	\$31/\$78
T/Th	7:00-7:45 am	\$32/\$80	Т	8:45-9:30 am	\$28/\$70
T/Th	9:15-10:00 am	\$32/\$80	Т	10:45-11:30 am	\$28/\$70
Cycling Stud	io		Т	4:30-5:15pm	\$28/\$70
			Т	6:00-6:45 pm	\$28/\$70
GENTLE TO	TAL BODY STRENGTH 🛛 🖪		W	5:45-6:30 pm	\$28/\$70
Т	9:45-10:30 am	\$28/\$70	Th	6:00-6:45 am	\$28/\$70
Total Body S	tudio		Th	8:30-9:15 am	\$28/\$70
			Th	9:30-10:15 am	\$28/\$70
INDO-ROW	TM ML		F	8:00-8:45 am	\$28/\$70
Μ	10:30-11:15 am	\$28/\$70	Total Body Studi	io	
W	6:00-6:45 am	\$28/\$70	PRIVATE/SEMI	PRIVATE TOTAL BOD	DY WORKOUT SESSIONS
Th	10:30-11:15 am	\$28/\$70		Single Class	Package of 4 Classes
Fitness Roor	n 1		Private session:	\$40	\$144
			2 people:	\$30 each	\$108 each
KETTLEBEL			3 people:	\$20 each	\$72 each
Т	5:30-6:15 pm	\$28/\$70		cGowan, (812) 961–21	
Th	9:30-10:15 am	\$28/\$70			is required for cancellation of
Fitness Roor	n 2		any session.		is required for cancellation of
PRIMETIME	PLUS 🖪				
M/W/F	9:15-10:15 am	\$36/\$90			
Fitness Roor	n 2				
TRX SUSPE	NSION TRAINING		Concollation Del:		or the right to consol any
Т	6:00-6:45 am	\$28/\$70		-	es the right to cancel any
Т	8:30-9:15 am	\$28/\$70	program which d	ioes not meet minimul	m enrollment standards.
W	7:00-7:45 pm	\$28/\$70			
T: Fitness Ro	om 2 W: Fitness Room 1				



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: monroecountyymca.org

Prices are listed for members/non-members

ADULT WATER CLASSES Southeast Branch

SEPTEMBER 2019

(For Yoga, Tai Chi, Pila	ates, Group-Ex Land, o	r Membership-Include	ed Classes please see their separate fliers.
	KEY: 🗊 - Basic	Intermediate	m – Multi-Level	Advanced

\$31/\$78

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

ARTHRITIS AQUATICS DEEP WATER

Multipurpose Pool

T/Th

M/W/F	10:00-10:45 am 💷	\$34/\$85
Main Pool		
AQUA-FIT DEE	EP WATER	
M/W/F	9:00-9:55 am 🔳	\$34/\$78
M/W	12:00-12:55 pm	\$31/\$78
Main Pool		
AQUA-FIT SH	ALLOW WATER	
M/W	6:15-7:00 am 🔳	\$28/\$70
M/W/F	9:00-9:55 am 💷	\$34/\$85
M/W/F	6:00-6:55 pm 🔳	\$34/\$85

9:00-9:55 am

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.



SOUTHEAST BRANCH 2125 S. Highland Ave. 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: 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: D** – Basic **D** – Intermediate **M** – Multi-Level **A** – Advanced

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

YOGA L			FLOW AND ST	TRENGTH 🗈	
M/W	5:45-6:45 pm	\$38/\$95	T 6:00	-6:45 am	\$22/\$55
Т	12:00-1:00 pm	\$22/\$55	Yoga/Pilates S	Studio	
T/Th	9:15-10:15 am	\$38/\$95	-		
T/Th	12:00-1:00 pm	\$38/\$95	MAT PILATES	; 0	
T/Th	7:00-8:00 pm	\$38/\$95	M/W 9:30) -10:30 am	\$38/\$95
Th	12:00-1:00 pm	\$22/\$55	Yoga/Pilates S	Studio	
Sat	10:00-11:00 am	\$22/\$55	5		
Yoga/Pi	lates Studio		TOTAL BODY	PILATES	
5			M 12:0	0-12:45 pm	\$28/\$70
YOGAL	EVEL II			5-11:30 am	\$28/\$70
M/W	8:00-9:15 am	\$43/\$108	Th 10:4	5-11:30 am	\$28/\$70
T/Th	7:45-9:00 am	\$43/\$108	Total Body Stu	udio	
T/Th	10:30-11:45 am	\$43/\$108			
T/Th	4:00-5:15 pm	\$43/\$108	PRIVATE/SEM	MI-PRIVATE YOGA A	ND PILATES INSTRUCTION
Sat	8:15-9:45 am	\$30/\$75		Single Class	Package of 4 Classes
Sat	11:15 am-12:30 pm	\$26/\$65	Private Sessio	_	\$144
Sun	5:30-7:00 pm	\$30/\$75	2 People	\$30 each	\$108 each
Yoga/Pi	lates Studio		3 People	\$20	\$72 each
YOGA L	AB		TAI CHI 🖪		
W	7:00-8:15 pm	\$35/\$88	M/W 6:30	-7:30 pm	\$38/\$95
Yoga/Pi	lates Studio		Fitness Room	•	
YOGA F	OR BEGINNERS				
F	9:30 -10:30 am	\$22/\$55			
Yoga/Pi					



CLASSES INCLUDED IN YOUR MEMBERSHIP

Southeast Y October 2019

These classes are included in your membership to introduce you to new programs 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	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	Aqua Fit Deep 8:50–9:45 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	Zumba 9:15-10:00 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	HIIT Yoga 9:30-10:15 AM Barre	Zumba 9:15-10:00 AM Power Pump	Bosu Strength Circuit 10:30-11:00 AM	Morning Mix 8:15-9:00 AM Cardio Blast	
Step Aerobics 9:15-10:15 AM	10:15-11:15 AM	9:15-10:15 AM	Arthritis Aquatics Plus	9:15-10:15 AM Power Pump	
Posture and Balance Through Pilates	Bosu Strength Circuit 10:30-11:00 AM	Power Flow Yoga 10:45-11:45 AM	10:45-11:30 AM Zumba Gold	9:15-10:15 AM	
10:45-11:45 AM Power Flow Yoga	Arthritis Aquatics Plus	Arthritis Aquatics Basic 12:05-12:50 PM	5:30-6:15 PM P90X 5:30-6:25 PM	10:30-11:00 AM Cycle and Circuit	
11:30 AM -12:30 PM Arthritis Aquatics	10:45-11:30 AM Arthritis Aquatics	Sitting Fit: Chi Kung 2:00-2:45 PM		10:30-11:30 AM Core Flow Yoga	
Basic 12:05-12:50 PM	Plus 12:00-12:45 AM	Korean Yoga 4:30-5:15 PM	Power Flow Yoga 6:30-7:30 PM	10:45-11:45 AM Gentle Yoga	
Gentle Yoga 12:30–1:30 PM	Zumba Gold 5:30-6:15 PM	Barre 5:30-6:15 PM		12:00-1:00 PM Arthritis Aquatics Basic	
Sitting Fit : Yoga 2:00–2:45 PM	Gentle Yoga 5:45-6:45 PM	RIPPED 5:45-6:45 PM		12:05-12:50 PM	
Korean Yoga 4:30-5:15 PM	HIIT 6:30-7:00 PM				
Just Core 5:00-5:20 PM					
Barre 5:30–6:15 PM					
Cardio Kick HIIT 5:30-6:15 PM					
Vin to Yin 7:00-8:00 PM	I	I	I	I	1
ROOM KEY:	Cardinal Court	Cycle Studio	Fit Room 1	Fit Roo	om 2
	Main Pool	Multipurpose Po		oga Studio	
Please check	the website for com	plete descriptions a www.MonroeCc		le. Classes are subje	ect to change.



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SMALL GROUP FITNESS CLASSES Southeast Branch

OCTOBER 2019

For Yog	ja, Tai Chi, Pilates, V	Water Classes, or Perso	nal Training optic	ons please see their sep	arate fliers.
KEY:	🗈 – Basic 🛛 🗖	- Intermediate 🛛 ML -	- Multi-Level	Advanced	
60 MINUTE CYCLING	0		TRX SUSPENS	ION TRAINING	
M/W/F 9:15-10):15 am	\$40/\$100	Т	6:00-6:45 am	\$28/\$7
Cycling Studio			Т	8:30-9:15 am	\$28/\$7
			W	7:00-7:45 pm	\$28/\$7
CYCLE-IN 🕮			Th	6:00-6:45 am	\$28/\$7
M 6:30-7:	:15 pm	\$20/\$50	T/Th: Fitness Ro	oom 2 W: Fitness Room	1
M/F 6:00-6	5:45 am	\$32/\$80			
T/Th 7:00-7:	:45 am	\$32/\$80	ROWING/TRX		
T/Th 9:15-10	0:00 am	\$32/\$80	W	10:30-11:15 am	\$28/\$7
Cycling Studio			Fitness Room 2		
GENTLE TOTAL BODY	STRENGTH 🖪		TOTAL BODY S	TRENGTH	
T 9:45-	-10:30 am	\$28/\$70	Μ	5:30-6:30 pm	\$31/\$7
Th 8:30	-9:15 am	\$28/\$70	Т	8:45-9:30 am	\$28/\$7
F 9:30	-10:15 am	\$28/\$70	Т	10:45-11:30 am	\$28/\$7
Total Body Studio			Т	4:30-5:15pm	\$28/\$7
			Т	6:00-6:45 pm	\$28/\$7
INDO-ROW™ 🕅			W	5:45-6:30 pm	\$28/\$7
	0-11:15 am	\$28/\$70	Th	6:00-6:45 am	\$28/\$7
W 6:00)-6:45 am	\$28/\$70	Th	9:30-10:15 am	\$28/\$7
	0-11:15 am	\$28/\$70	F	8:00-8:45 am	\$28/\$7
Fitness Room 1			Total Body Stud	lio	
	ML		DDIVATE/SEMI	PRIVATE TOTAL BODY	
	-6:15 pm	\$28/\$70			Package of 4 Classes
	-10:15 am	\$28/\$70	Private session:	-	\$144
Fitness Room 2			2 people:	\$30 each	\$108 each
			3 people:	\$20 each	\$72 each
ROW & SCULPT				cGowan, (812) 961-2171	
	7:15 pm	\$28/\$70		t least 24-hour notice is	
Fitness Room 1			any session.		
PRIMETIME PLUS					
M/W/F 9:15-1 Fitness Room 2	0:15 am	\$36/\$90			

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KEY: 🗈 - Basic	Intermediate	🕅 - Multi-Level	A – Advanced

\$31/\$78

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ARTHRITIS AQUATICS DEEP WATER

Multipurpose Pool

T/Th

M/W/F	10:00-10:45 am 💷	\$34/\$85
Main Pool		
AQUA-FIT DE	EP WATER	
M/W/F	9:00-9:55 am 🔳	\$34/\$78
M/W	12:00-12:55 pm	\$31/\$78
Main Pool		
AQUA-FIT SH	ALLOW WATER	
M/W	6:15-7:00 am 🔳	\$28/\$70
M/W/F	9:00-9:55 am 💷	\$34/\$85
M/W/F	6:00-6:55 pm 🔳	\$34/\$85

9:00-9:55 am

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.				
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(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

OCTOBER 2019

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

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

YOGA I			ALIGN	& RESTO	RE YOGA 🔳	
M/W	5:45-6:45 pm	\$38/\$95	M/W	4:30-5	:30 pm	\$38/\$95
Т	12:00-1:00 pm	\$22/\$55	Yoga/Pi	lates Stu	dio	
T/Th	9:15-10:15 am	\$38/\$95	-			
T/Th	12:00-1:00 pm	\$38/\$95	FLOW A		ENGTH 🔲	
T/Th	7:00-8:00 pm	\$38/\$95	Т	6:00-6	:45 am	\$22/\$55
Th	12:00-1:00 pm	\$22/\$55	Yoga/Pi	lates Stu	dio	
Sat	10:00-11:00 am	\$22/\$55	-			
Yoga/P	ilates Studio		MAT PI	LATES		
5			M/W	9:30-1	0:30 am	\$38/\$95
YOGA I			Yoga/Pi	lates Stu	dio	
M/W	8:00-9:15 am	\$43/\$108	_			
T/Th	7:45-9:00 am	\$43/\$108	TOTAL	BODY PI	LATES 🔲	
T/Th	10:30-11:45 am	\$43/\$108	М	12:00-	12:45 pm	\$28/\$70
T/Th	4:00-5:15 pm	\$43/\$108	W	10:45-1	11:30 am	\$28/\$70
Sat	8:15-9:45 am	\$30/\$75	Th	10:45-1	11:30 am	\$28/\$70
Sat	11:15 am-12:30 pm	\$26/\$65	Total Bo	ody Studio)	
Sun	5:30-7:00 pm	\$30/\$75				
Yoga/Pi	ilates Studio		PRIVAT	E/SEMI-	PRIVATE YOGA A	ND PILATES INSTRUCTION
					Single Class	Package of 4 Classes
YOGA I	LAB		Private	Session	\$40	\$144
W	7:00-8:15 pm	\$35/\$88	2 Peopl	e	\$30 each	\$108 each
Yoga/P	ilates Studio		3 Peopl	е	\$20	\$72 each
YOGA I	FOR BEGINNERS		TAI CHI			
F	9:30-10:30 am	\$22/\$55	M/W	6:30-7:	30 pm	\$38/\$95
Yoga/P	ilates Studio		Fitness	Room 2		