



# 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 pm \$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

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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.



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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
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Yoga/Pilates Studio

#### YOGA FOR BEGINNERS **B**

F	9:30 -10:30 am	\$22/\$55
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Yoga/Pilates Studio

#### FLOW AND STRENGTH **B**

T	6:00-6:45 am	\$22/\$55
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Yoga/Pilates Studio

#### MAT PILATES **I**

M/W	9:30 -10:30 am	\$38/\$95
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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
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Fitness Room 2



# 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
<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>60 Minute Cycling</b> 7:00-8:00 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> 7:30-8:30 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>RIPPED</b> 9:30-10:30 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>Korean Yoga</b> 4:30-5:15 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>Korean Yoga</b> 4:30-5:15 PM	<b>HIIT</b> 6:30-7:00 PM	<b>RIPPED</b> 5:45-6:45 PM		<b>Arthritis Aquatics Basic</b> 12:05-12:50 PM	
<b>Just Core</b> 5:00-5:20 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.  
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## SMALL GROUP FITNESS CLASSES

### Southeast Branch

## OCTOBER 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 6:30-7:15 pm \$20/\$50  
 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  
 Th 8:30-9:15 am \$28/\$70  
 F 9:30-10:15 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

### ROW & SCULPT **ML**

M 6:30-7:15 pm \$28/\$70  
 Fitness Room 1

### 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  
 Th 6:00-6:45 am \$28/\$70  
 T/Th: 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 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
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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.  
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(lessons for 2-3 people; only one party pays)

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## YOGA/PILATES Southeast Branch

## OCTOBER 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

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### 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
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Yoga/Pilates Studio

### YOGA FOR BEGINNERS **B**

F	9:30-10:30 am	\$22/\$55
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Yoga/Pilates Studio

### ALIGN & RESTORE YOGA **B**

M/W	4:30-5:30 pm	\$38/\$95
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Yoga/Pilates Studio

### FLOW AND STRENGTH **I**

T	6:00-6:45 am	\$22/\$55
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Yoga/Pilates Studio

### MAT PILATES **I**

M/W	9:30-10:30 am	\$38/\$95
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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

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