



MONROE COUNTY YMCA

SOUTHEAST BRANCH

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

NORTHWEST BRANCH

1375 North Wellness Way
Bloomington, IN 47404
812-331-5556

Wellness Coach/Fitness Testing Southeast & Northwest Branches

WELLNESS COACH SUPERVISOR

MEMBER BENEFIT--NO ADDITIONAL FEE

Through one-on-one appointments a Wellness Coach Supervisor will:

- Help guide you with your health and wellness journey at the YMCA
- Answer questions you may have about equipment and machine usage
- Provide information about programming at the YMCA
- Discuss coaching packet of wellness tools
- Follow up for accountability

Sign up today at the Welcome Center for your appointment.

FITNESS PROFILES

BIOIMPEDANCE ANALYSIS

SOUTHEAST ONLY

Complete body composition evaluation that includes:

- Body fat percentage
- BMI (Body Mass Index)
- BMR (Basal Metabolic Rate)
- Total body water in lbs.
- Height/Weight
- Tracking of progress
- Computer printout of results

By appointment only - \$10

FITNESS TESTING

SOUTHEAST & NORTHWEST

Separate testing protocol for ages 15-60 and 60+.

Each protocol consists of:

- Cardiovascular
- Muscular Strength & Endurance
- Flexibility
- Body Fat, BMI & Circumferences
- Height & Weight

Partial fitness testing available.

By appointment only - \$10

A one-time consultation with a Personal Trainer is free to all members.

This consultation will give you an opportunity to learn and see what a personal trainer can do for you.

The 1 hour consultation includes:

- An interview with a trainer to discuss your fitness goals and any concerns.
- A short training session with the personal trainer.
- A Partial Fitness assessment.

Questions? Contact:

Amy Plunkett, 812-961-2364

or email aplunkett@monroecountyymca.org.