



MONROE COUNTY YMCA

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

Questions? Contact Margie Kobow, 812-961-2175
or email mkobow@monroecountyyymca.org.
For more program information: monroecountyyymca.org

ADULT HEALTH SUMMER 2016 Southeast Branch

Prices are listed for members/non-members
♥ designates classes included in Your Membership

Please see the annual catalog or our website for descriptions of each class. Fees are listed for members/non-members.

Classes are not prorated.

Cancellation Policy: The YMCA reserves the right to cancel any program which does not meet minimum enrollment standards. All class cancellations will be made the week prior to the start of a session.

BUILDING BETTER BALANCE

T/Th 12:15-1:15 pm May 10 - June 16 \$36/\$60

CARDIOPULMONARY REHABILITATION (Cardiac Rehab)

M/W	6:30 - 7:30 pm	1 calendar month	♥ /\$75
M/W/F	8:30 - 10:00 am	1 calendar month	♥ /\$75
M/W/F	10:15 - 11:15 am	1 calendar month	♥ /\$75
T/Th	7:30 - 9:30 am	1 calendar month	♥ /\$75
Sat.	8:00 - 9:00 am	1 calendar month	♥ /\$75

DIABETES PREVENTION PROGRAM

Diabetes Prevention Program runs for 16 weeks.
Please contact Cheri Landrey for pricing info: 812-961-2176 or clandrey@monroecountyyymca.org

S.T.E.P.P.S.

Please schedule a meeting time with the instructor. \$50 per session or \$450 for 10 sessions.

W.I.S.E.

M/W	6:30 - 7:30 pm	1 calendar month	♥ /\$75
M/W/F	8:30 - 10:00 am	1 calendar month	♥ /\$75
M/W/F	10:15 - 11:15 am	1 calendar month	♥ /\$75
T/Th	7:30 - 9:30 am	1 calendar month	♥ /\$75
Sat.	8:00 - 9:00 am	1 calendar month	♥ /\$75

Y-FITNESS FOR LIFE

M/W	6:30 - 7:30 pm	1 calendar month	♥ /\$75
M/W/F	8:30 - 10:00 am	1 calendar month	♥ /\$75
M/W/F	10:15 - 11:15 am	1 calendar month	♥ /\$75
T/Th	7:30 - 9:30 am	1 calendar month	♥ /\$75
Sat.	8:00 - 9:00 am	1 calendar month	♥ /\$75