



MONROE COUNTY YMCA

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

Questions? Contact Gayle Ebel, 812-961-2171
or email gebel@monroecountyyymca.org.

For class descriptions and more program information,
see program catalog or monroecountyyymca.org

Prices are listed for members/non-members

GROUP EXERCISE Southeast Branch

Session 5 Aug 15–Oct 16
Session 6 Oct 17– Dec 18

NEW 9-WEEK SESSIONS!
Session dates have changed due to SE
facility improvements. See website or
Welcome Center for more details.

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 ♥ - Included in Your Membership

60 MINUTE CYCLING **I** Maximum 18 participants

M/W/F	9:15-10:15 am	\$72/\$180
M/W	6:30-7:30 pm <i>Session 6 only</i>	\$68/\$170
T/Th	6:30-7:30 pm <i>Session 6 only</i>	\$68/\$170
SAT	7:00-8:00 am <i>Session 6 only</i>	\$46/\$115
Cycling Studio		

BARRE **I**

T	10:15-11:15 am	\$46/\$115
Fitness Room 1		
T	6:15 - 7:15 pm	\$46/\$115
Fitness Room 2		
Th	6:15-7:15 pm	\$46/\$115
Fitness Room 2		

BOOTCAMP **A**

M	5:30-6:15 pm	♥
Fitness Room 1		
M/W/F	6:00-6:45 am	♥
T	9:15-10:15 am	♥
Cardinal Court		

BOSU STRENGTH CIRCUIT **ML**

T/Th	10:15-10:45 am	\$46/\$115
Fitness Room 2		

CARDIO BLAST **A**

F	9:15-10:15 am	♥
Fitness Room 1		

COMBO CLASSES **ML**

Rowing/TRX	W	12:15-1:00 pm	\$44/\$110
ShockWave/Cycling	F	10:30-11:30 am	♥
Fitness Room 1			

CYCLE-IN **ML**

Maximum 18 participants.			
M/W/F		6:00-6:45 am	\$65/\$163
T/Th		7:00-7:45 am	\$57/\$143
T/Th		9:15-10:00 am	\$57/\$143
T/Th		4:45-5:30 pm <i>Session 6 only</i>	\$57/\$143
Cycle Studio			

COUNTRY HEAT **B** NEW!

Th	10:30-11:15 am	♥
Fitness Room 1		

DANCE MIX **B**

W	9:15-10:00 am	♥
Fitness Room 1		

GENTLE TOTAL BODY STRENGTH **B**

Maximum 5 participants			
T	9:45-10:30 am	\$58/\$145	
Th	8:30-9:15 am	\$58/\$145	
F	10:45-11:30 am	\$58/\$145	
Total Body Studio			

INDO-ROW™ **ML**

M	10:30-11:15 am	\$58/\$145	
M	6:30-7:15 pm	\$58/\$145	
W	6:00-6:45 am	\$58/\$145	
W	11:15 am-12:00 pm	\$58/\$145	
Fitness Room 1			

INSANITY **A**

W	10:15-11:00 am	♥
Fitness Room 1		

KETTLEBELL BASICS **ML** NEW!

W	6:30-7:15 pm	\$58/\$145	
F	7:00-7:45 am	\$58/\$145	
Fitness Room 2			

KICKBOXING **I**

M	6:30-7:15 pm	♥
Fitness Room 2		

LONG & LEAN TOTAL BODY STRENGTH **ML**

W	9:30-10:15 am	\$58/\$145	
Total Body Studio			

More classes on the back!

Group Exercise Southeast Branch (con't)

MORNING MIX **B**

M/W/F 8:15-9:00 am
Cardinal Court



P90X **ML**

W 5:30-6:15 pm
Th 5:15-6:10 pm
Fitness Room 1



PIYO **I**

Th 9:30-10:15 am
Fitness Room 1



POWER PUMP **ML**

T 5:30 - 6:15 pm
M/W/F 8:00 - 9:00 am
Fitness Room 1
M/W/F 9:15 - 10:15 am
Cardinal Court



PRIMETIME PLUS **B**

M/W/F 9:30-10:30 am
Fitness Room 2

\$72/\$180

RIDE AND RENEW **ML** NEW!

Sat 9:15-10:15 am
Cycle studio

\$46/\$115

R.I.P.P.E.D.™ **ML**

T 6:00-6:55 am
W 6:30-7:25 pm
Sat 8:00-8:55 am
Sat 9:15-10:10 am
Fitness Room 1



STEP AEROBICS **A**

M 9:15-10:15 am
Fitness Room 1



TOTAL BODY STRENGTH

Limited to 5 participants.

M	9:30-10:15 am	I	\$58/\$145
M	5:45-6:30 pm	ML	\$58/\$145
T	8:45-9:30 am	ML	\$58/\$145
T	10:45-11:30 am	ML	\$58/\$145
W	5:45-6:30 pm	ML	\$58/\$145
Th	6:00-6:45 am	ML	\$58/\$145
Th	9:30-10:15 am	ML	\$58/\$145
F	8:00-8:45 am	A	\$58/\$145

Total Body Studio/Wellness Center

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 Gayle Ebel, 812-961-2171 to schedule an appointment.
24 hour advance notice required for cancellation of any session.

TRX SUSPENSION TRAINING **I** 10 participants

M	7:30-8:15 pm	\$58/\$145
T	6:00-6:45 am	\$58/\$145
T	8:15-9:00 am	\$58/\$145
T	9:15-10:00 am	\$58/\$145
Th	6:00-6:45 am	\$58/\$145
Th	8:15-9:00 am	\$58/\$145

Fitness Room 2

ZUMBA **ML**

T 9:15-10:00 am
Fitness Room 1
Th 9:15-10:00 am
Cardinal Court
F 5:30-6:15 pm
Fitness Room 1



ZUMBA GOLD **B**

M 5:30-6:15 pm
Th 5:15-6:00 pm
Fitness Room 2

