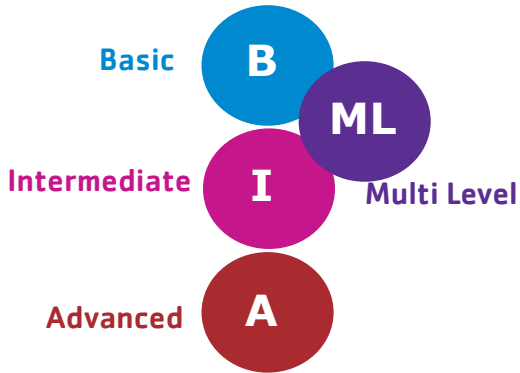




Southeast YMCA Session 5 (August 15–October 16) Group Exercise Master Schedule

KEY:



BASIC (B): A low-intensity class designed to teach the basics of each movement. Appropriate introduction or ongoing class.

INTERMEDIATE (I): More challenging with the intention to increase strength and endurance.

MULTI LEVEL (ML): Moderate intensity class that addresses the needs of both basic and intermediate participants.

ADVANCED (A): Most challenging. Movements are more complex, energy level is higher, and experience is highly recommended.



Class is included with your membership. No registration required.

Cancellation Policy

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

Questions?

Contact Gayle Ebel at
(812) 961-2171 or email at
gebel@monroecountyyymca.org.

MONDAY CLASSES

	LEVEL		CLASS	ROOM
6:00 am	A	★	Bootcamp	Cardinal Court
6:00 am	ML	\$65/\$163	Cycle-In	Cycle Studio
6:15 am	B	\$57/\$143	Aqua-Fit Shallow Water	Multipurpose Pool
8:00 am	ML	★	Power Pump	Fit Room 1
8:00 am	I	\$82/\$205	Yoga Level II	Yoga/Pilates Studio
8:15 am	B	★	Morning Mix	Cardinal Court
9:00 am	I	\$65/\$163	Aqua-Fit Deep Water	Main Pool
9:00 am	B	\$65/\$163	Aqua-Fit Shallow Water	Multipurpose Pool
9:15 am	A	★	Step Aerobics	Fit Room 1
9:15 am	I	\$72/\$180	60 Minute Cycling	Cycle Studio
9:15 am	ML	★	Power Pump	Cardinal Court
9:30 am	I	\$58/\$145	Total Body Strength	Total Body Studio
9:30 am	B	\$72/\$180	Primetime Plus	Fit Room 2
9:30 am	I	\$68/\$170	Mat Pilates	Yoga/Pilates Studio
10:00 am	ML	\$70/\$175	Arthritis Aquatics Deep Water	Multipurpose Pool
10:30 am	ML	\$58/\$145	Indo-Row	Fit Room 1
10:45 am	ML	★	Posture and Balance Through Pilates	Yoga/Pilates Studio
12:00 pm	I	\$58/\$145	Total Body Pilates	Total Body Studio
12:00 pm	B	\$68/\$170	Nice and Easy Yoga	Yoga/Pilates Studio
12:00 pm	ML	\$65/\$163	Aqua-Fit Deep Water	Main Pool
12:05 pm	B	★	Arthritis Aquatics Basic	Multipurpose Pool
2:00 pm	B	★	Sitting Fit With Yoga	Yoga/Pilates Studio
5:30 pm	A	★	Bootcamp	Fit Room 1
5:30 pm	B	★	Zumba Gold	Fit Room 2
5:45 pm	ML	\$58/\$145	Total Body Strength	Total Body Studio
5:45 pm	ML	\$68/\$170	Yoga Level I	Yoga/Pilates Studio
6:00 pm	B	\$65/\$163	Aqua-Fit Shallow Water	Multipurpose Pool
6:30 pm	I	★	Kickboxing	Fit Room 2
6:30 pm	ML	\$58/\$145	Indo-Row	Fit Room 1
7:30 pm	I	\$58/\$145	TRX Suspension Training	Fit Room 2

TUESDAY CLASSES

	LEVEL		CLASS	ROOM
6:00 am	ML	★	RIPPED	Fit Room 1
6:00 am	I	\$58/\$145	TRX Suspension Training	Fit Room 2
7:00 am	ML	\$57/\$143	Cycle-In	Cycle Studio
7:45 am	I	\$82/\$205	Yoga Level II	Yoga/Pilates Studio
8:15 am	I	\$58/\$145	TRX Suspension Training	Fit Room 2
8:45 am	ML	\$58/\$145	Total Body Strength	Total Body Studio
8:50 am	B	★	Aqua-Fit Deep Water	Main Pool
9:00 am	ML	\$62/\$155	Aqua-Fit Shallow Water	Multipurpose Pool
9:15 am	ML	★	Zumba	Fit Room 1
9:15 am	ML	\$57/\$143	Cycle-In	Cycle Studio
9:15 am	I	\$58/\$145	TRX Suspension Training	Fit Room 2
9:15 am	A	★	Bootcamp	Cardinal Court
9:15 am	ML	\$68/\$170	Yoga Level I	Yoga/Pilates Studio
9:45 am	B	\$58/\$145	Gentle Total Body Strength	Total Body Studio
10:00 am	A	\$47/\$118	30 Minute Water Running	Main Pool
10:15 am	ML	\$46/\$115	BOSU Strength Circuit	Fit Room 1
10:15 am	I	\$46/\$115	Barre	Fit Room 1
10:30 am	I	\$82/\$205	Yoga Level II	Yoga/Pilates Studio
10:45 am	ML	\$58/\$145	Total Body Strength	Total Body Studio
10:45 am	B	★	Arthritis Aquatics Plus Program	Multipurpose Pool
11:30 am	B	★	Tai Chi for Arthritis	Fit Room 2
12:00 pm	B	★	Arthritis Aquatics Basic	Multipurpose Pool
12:00 pm	ML	\$41/\$102	Yoga Level I	Yoga/Pilates Studio
4:00 pm	I	\$82/\$205	Yoga Level II	Yoga/Pilates Studio
5:30 pm	ML	★	Power Pump	Fit Room 1
5:30 pm	A	\$82/\$205	Yoga Level III	Multipurpose Room
5:45 pm	ML	★	Gentle Yoga	Yoga/Pilates Studio
6:15 pm	I	\$46/\$115	Barre	Fit Room 2
7:00 pm	ML	\$68/\$170	Yoga Level I	Yoga/Pilates Studio

WEDNESDAY CLASSES

	LEVEL		CLASS	ROOM
6:00 am	A	★	Bootcamp	Cardinal Court
6:00 am	ML	\$65/\$163	Cycle-In	Cycle Studio
6:00 am	ML	\$58/\$145	Indo-Row	Fit Room 1
6:15 am	B	\$57/\$143	Aqua-Fit Shallow Water	Multipurpose Pool
8:00 am	ML	★	Power Pump	Fit Room 1
8:00 am	I	\$82/\$205	Yoga Level II	Yoga/Pilates Studio
8:15 am	B	★	Morning Mix	Cardinal Court
9:00 am	I	\$65/\$163	Aqua-Fit Deep Water	Main Pool
9:00 am	B	\$65/\$163	Aqua-Fit Shallow Water	Multipurpose Pool
9:15 am	ML	★	Power Pump	Cardinal Court
9:15 am	B	★	Dance Mix	Fit Room 1
9:15	I	\$72/\$180	60 Minute Cycling	Cycle Studio
9:30 am	A	\$58/\$145	Total Body Long and Lean	Total Body Studio
9:30 am	B	\$72/\$180	Primetime Plus	Fit Room 2
9:30 am	ML	\$68/\$170	Mat Pilates	Yoga/Pilates Studio
10:00 am	ML	\$70/\$175	Arthritis Aquatics Deep Water	Multipurpose Pool
10:15 am	A	★	Insanity	Fit Room 1
10:45 am	I	\$78/\$145	Total Body Pilates	Total Body Studio
10:45 am	I	★	Power Flow Yoga	Yoga/Pilates Studio
11:15 am	ML	\$58/\$145	Indo-Row	Fit Room 1
11:30 am	ML	\$58/\$145	Tai Chi for Life	Fit Room 2
12:00 pm	B	\$68/\$170	Nice and Easy Yoga	Yoga/Pilates Studio
12:00 pm	ML	\$65/\$163	Aqua-Fit Deep Water	Main Pool
12:05 pm	B	★	Arthritis Aquatics Basic	Multipurpose Pool
12:15 pm	ML	\$44/\$110	Combo Class: Rowing/TRX	Fit Room 1
2:00 pm	B	★	Sitting Fit With Yoga	Yoga/Pilates Studio
5:30 pm	I	★	P90x	Fit Room 1
5:45 pm	ML	\$58/\$145	Total Body Strength	Total Body Studio
5:45 pm	ML	\$68/\$170	Yoga Level I	Yoga/Pilates Studio
6:00 pm	B	\$65/\$163	Aqua-Fit Shallow Water	Multipurpose Pool
6:30 pm	ML	★	RIPPED	Fit Room 1
6:30 pm	ML	\$58/\$145	Kettlebell Basics	Fit Room 2

THURSDAY CLASSES

	LEVEL		CLASS	ROOM
6:00 am		\$58/\$145	Total Body Strength	Total Body Studio
6:00 am		\$58/\$145	TRX Suspension Training	Fit Room 2
7:00 am		\$57/\$143	Cycle-In	Cycle Studio
7:45 am		\$82/\$205	Yoga Level II	Yoga/Pilates Studio
8:15 am		\$58/\$145	TRX Suspension Training	Fit Room 2
8:30 am		\$58/\$145	Gentle Total Body Strength	Total Body Studio
8:50 am			Aqua-Fit Deep Water	Main Pool
9:00 am		\$62/\$155	Aqua-Fit Shallow Water	Multipurpose Pool
9:15 am			Zumba	Cardinal Court
9:15 am		\$57/\$143	Cycle-In	Cycle Studio
9:15 am		\$68/\$170	Yoga Level I	Yoga/Pilates Studio
9:30 am			PiYo	Fit Room 1
9:30 am		\$58/\$145	Total Body Strength	Total Body Studio
10:00 am		\$47/\$118	30 Minute Water Running	Main Pool - deep
10:15 am		\$46/\$115	BOSU Strength Circuit	Fit Room 1
10:30 am			Country Heat	Fit 1
10:30 am		\$84/\$205	Yoga Level II	Yoga/Pilates Studio
10:45 am			Arthritis Aquatics Plus Program	Multipurpose Pool
10:45 am		\$58/\$145	Total Body Pilates	Total Body Studio
11:30 am			Tai Chi for Arthritis	Fit Room 2
12:00 pm			Arthritis Aquatics Basic	Multipurpose Pool
12:00 pm		\$48/\$120	Encore	Yoga/Pilates Studio
4:00 pm		\$82/\$205	Yoga Level II	Yoga/Pilates Studio
5:15 pm			P90X	Fit Room 1
5:15 pm			Zumba Gold	Fit Room 2
5:30 pm		\$82/\$205	Yoga Level III	Multipurpose Room
5:45 pm			Gentle Yoga	Yoga/Pilates Studio
6:15 pm		\$46/\$115	Barre	Fit Room 2
7:00 pm		\$68/\$170	Yoga Level I	Yoga/Pilates Studio

FRIDAY CLASSES

	LEVEL		CLASS	ROOM
6:00 am	A	★	Bootcamp	Cardinal Court
6:00 am	ML	\$65/\$163	Cycle-In	Cycle Studio
6:45 am	I	\$41/\$102	Yoga Level II	Yoga/Pilates Studio
7:00 am	ML	\$58/\$145	Kettlebell Basics	Fit Room 2
8:00 am	A	\$58/\$145	Total Body Strength	Total Body Studio
8:00 am	ML	★	Power Pump	Fit Room 1
8:15 am	B	★	Morning Mix	Cardinal Court
8:15 am	ML	★	Yoga/Pilates Mix	Yoga/Pilates Studio
9:00 am	I	\$65/\$163	Aqua-Fit Deep Water	Main Pool
9:00 am	B	\$65/\$163	Aqua-Fit Shallow Water	Multipurpose Pool
9:15 am	ML	★	Power Pump	Cardinal Court
9:15 am	A	★	Cardio Blast	Fit Room 1
9:15 am	I	\$72/\$180	60 Minute Cycling	Cycle Studio
9:30 am	B	\$72/\$180	Primetime Plus	Fit Room 2
9:30 am	ML	\$41/\$102	Yoga Level I	Yoga/Pilates Studio
10:00 am	ML	\$70/\$175	Arthritis Aquatics Deep Water	Multipurpose Pool
10:30 am	ML	★	Combo Class: ShockWave/Cycling	Fit Room 1
10:45 am	B	\$58/\$145	Gentle Total Body Strength	Total Body Studio
10:45 am	I	★	Core Flow	Yoga/Pilates Studio
11:30 am	ML	\$58/\$145	Tai Chi for Life	Fit Room 2
12:00 pm	ML	★	Gentle Yoga	Yoga/Pilates Studio
12:00 pm	ML	\$65/\$163	Aqua-Fit Deep Water	Main Pool
12:05 pm	B	★	Arthritis Aquatics Basic	Multipurpose Pool
5:30 pm	ML	★	Zumba	Fit Room 1
6:00 pm	B	\$65/\$163	Aqua-Fit Shallow Water	Multipurpose Pool

SATURDAY CLASSES

	LEVEL		CLASS	ROOM
8:00 am	ML	★	RIPPED	Fit Room 1
8:15 am	I	\$57/\$143	Yoga Level II	Yoga/Pilates Studio
9:15 am	ML	★	RIPPED	Fit Room 1
9:15 am	ML	\$46/\$115	Ride and Renew	Cycle Studio
10:00 am	ML	\$41/\$102	Yoga Level I	Yoga/Pilates Studio
11:15 am	I	\$48/\$120	Yoga Level II	Yoga/Pilates Studio

SUNDAY CLASSES

	LEVEL		CLASS	ROOM
5:00 pm	ML	\$41/\$102	Tai Chi for Life	Fit Room 2
5:30 pm	I	\$57/\$143	Yoga Level II	Yoga/Pilates Studio