



MONROE COUNTY YMCA

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

Questions? Contact Gayle Ebel, 812-961-2171 or gebel@monroecountyyymca.org.
For more program information: monroecountyyymca.org

YOGA /PILATES/TAI CHI Southeast Branch

Session 5: Aug 15-Oct 16
Session 6: Oct 17-Dec 17

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

Please see the annual catalog or our website for descriptions of each class. Fees are listed for members/non-members.
Cancellation Policy: The YMCA reserves the right to cancel any program which does not meet minimum enrollment standards.

YOGA

SITTING FIT WITH YOGA **B**

M 2:00-2:45 pm ♥
W 2:00-2:45 pm ♥

NICE AND EASY YOGA **B**

M/W 12:00-1:00 pm \$68/\$170

GENTLE YOGA **ML**

T/Th 5:45- 6:45 pm ♥
F 12:00-1:00 pm ♥

YOGA LEVEL I **ML**

M/W 5:45-6:45 pm \$68/\$170
T 12:00-1:00 pm \$41/\$102
T/Th 9:15-10:15 am \$68/\$170
T/Th 7:00-8:00 pm \$68/\$170
F 9:30-10:30 am \$41/\$102
Sat 10:00-11:00 am \$41/\$102

YOGA LEVEL II **I**

M/W 8:00-9:15 am \$82/\$205
T/Th 7:45-9:00 am \$82/\$205
T/Th 10:30-11:45 am \$82/\$205
T/Th 4:00-5:15 pm \$82/\$205
F 6:45-8:00 am \$48/\$120
Sat 8:15-9:45 am \$57/\$143
Sat 11:15 am-12:30 pm \$48/\$120
Sun 5:30 - 7:00 pm \$57/\$143

YOGA LEVEL III **A**

T/Th 5:30- 6:45 pm \$82/\$205
Multipurpose Room

CORE FLOW **I**

F 10:45-11:45 am ♥

ENCORE **ML**

Th 12:00-1:15 pm \$48/\$120

POWER FLOW **I**

W 10:45-11:45 am ♥

YOGA/PILATES MIX **ML**

F 8:15-9:15 am ♥

See more on the back...

PILATES

POSTURE AND BALANCE THROUGH PILATES

M 10:45-11:45am 
Yoga/Pilates Studio


MAT PILATES

M/W 9:30 -10:30 am \$68/\$170
Yoga/Pilates Studio

BARRE

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

PiYo

Th 10:30-11:15 am 
Fitness Room 1

YOGA/PILATES MIX

F 8:15-9:15 am 
Yoga/Pilates Studio

LONG & LEAN TOTAL BODY STRENGTH

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

TOTAL BODY PILATES

M 12:00-12:45 pm \$58/\$145
W 10:45-11:30 am \$58/\$145
Th 10:45-11:30 am \$58/\$145
Total Body Studio

GENTLE TOTAL BODY STRENGTH

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

For other time options, please see Total Body Strength on the Group Exercise SE flyer.

TAI CHI

TAI CHI FOR ARTHRITIS

T/Th 11:30-12:15 pm 
Fitness Room 2

TAI CHI FOR LIFE

W/F 11:30am-12:15 pm \$58/\$145
Sun 5:00-6:00 pm \$41/\$102
Fitness Room 2

PRIVATE/SEMI-PRIVATE YOGA, PILATES, TAI CHI INSTRUCTION

	Single Class	Package of 4 Classes
Private Session	\$40	\$144
2 People	\$30 each	\$108 each
3 People	\$20	\$72 each