



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 3: Apr. 11 – May 30

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 \$53/\$132

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 \$53/\$132
T 12:00-1:00 pm \$32/\$80
T/Th 9:15- 10:15 am \$53/\$132
T/Th 7:00-8:00 pm \$53/\$132
F 9:30-10:30 am \$32/\$80
Sat 10:00-11:00 am \$32/\$80

YOGA LEVEL II **I**

M/W 8:00-9:15 am \$64/160
T/Th 7:45-9:00 am \$64/\$160
T/Th 10:30-11:45 am \$64/\$160
T/Th 4:00-5:15 pm \$64/\$160
F 6:45-8:00 am \$37/\$92
Sat 8:15-9:45 am \$44/\$110
Sat 11:15 am-12:30 pm \$37/\$92
Sun 5:30 - 7:00 pm \$44/\$110

YOGA LEVEL III **A**

T/Th 5:30- 6:45 pm \$64/\$160 (Multipurpose Room)

CORE FLOW **I**

F 10:45-11:45 am ♥

ENCORE **ML**

Th 12:00-1:15 pm \$37/\$92

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 \$53/\$132
Yoga/Pilates Studio

BARRE

T 10:15-11:15 am \$36/\$90
Fitness Room 1
T 6:15-7:15 pm \$36/\$90
Fitness Room 2
Th 9:15-10:15 am \$36/\$90
Fitness Room 1
Th 6:15-7:15 pm \$36/\$90
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

TOTAL BODY PILATES

M 12:00-12:45 pm \$45/\$113
W 10:45-11:30 am \$45/\$113
Th 10:45-11:30 am \$45/\$113
Total Body Studio

GENTLE TOTAL BODY STRENGTH

M 10:45-11:30 am \$45/\$113
T 9:45-10:30 am \$45/\$113
F 10:45-11:30 am \$45/\$113
Total Body Studio

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 \$45/\$112
Sun 5:00-5:45 pm \$32/\$80
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

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