



Emerson Family YMCA
a branch of the YMCA of Greater St. Louis

AOA (Active Older Adults) - - - - January 4 - February 21

3390 Pershall Road
St. Louis, Mo 63135
314.521.1822

www.ymcastlouis.org/emerson

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
07:00 - 08:00 am Walking Club JoAnn #1023202 \$0, \$13, \$20	08:00 - 09:00 am Stretching Class JoAnn #1023201 \$0, \$26, \$40	07:00 - 08:00 am Walking Club JoAnn #1023202 \$0, \$13, \$20	08:00 - 09:00 am Stretching Class JoAnn #1023201 \$0, \$26, \$40	11:15 am - 12:30 pm Senior Yoga Pat #1030303 \$0, \$17, \$25	12:00 - 1:00 pm Stay Connected TBD #1030203 \$0, \$51, \$75
10:30 am - 12:00 pm Arthritis Exercise Maxine #1032001 \$0, \$34, \$50	08:00 - 09:00 am Golden Steppers Marilyn #1022604 \$0, \$26, \$40	10:30 am - 12:00 pm Arthritis Exercise JoAnn #1032001 \$0, \$34, \$50	08:00 - 09:00 am Golden Steppers Marilyn #1022604 \$0, \$26, \$40	12:30 - 1:30 pm Sliver Streak Norma #1030202 \$0, \$26, \$40	
11:00 - 12:15 pm Senior Yoga Pat #1030306 \$0, \$17, \$25	10:30 - 11:00 am Muscles in Motion Marilyn #1021103 \$0, \$10, \$15	12:00 - 1:00 pm Stay Connected TBD #1030203 \$0, \$51, \$75	10:30 - 11:00 am Muscles in Motion Marilyn #1021103 \$0, \$10, \$15	01:00 - 03:00 pm Movie Classics	
12:00 - 1:00 pm Stay Connected TBD #1030203 \$0, \$51, \$75	12:30 - 1:30 pm Sliver Streak Norma #1030201 \$0, \$26, \$40	12:30 - 1:30 pm Sliver Streak Norma #1030202 \$0, \$26, \$40	12:30 - 1:30 pm Sliver Streak Norma #1030201 \$0, \$26, \$40		
01:00 - 02:00 pm Wii Would Like to Play Too TBD #1030204 \$0, \$13, \$20	02:00 - 03:00 pm Binky Club TBD #1030205 \$0, \$13, \$20	03:00 - 04:15 pm Senior Yoga Pat #1030304 \$0, \$17, \$25	02:00 - 03:00 pm Senior Social Hour		

Notes

Classes in black text are included in membership, specialty classes are listed in white.
 *Maximum class ratio is 1:25.
 *Classes without at least five (5) registered participants will be cancelled.

YMCA Mission: To Put Christian principles into practice through programs that build healthy spirit, mind and body for all.

