

West County Family YMCA Spring 2010 Group-X Schedule Feb 22nd-April 11th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15am (G) Boot Camp <i>Michele (open)</i>		5:15-6:15am (G) Boot Camp <i>Michele (open)</i>		5:15-6:15am (G) Boot Camp <i>Michele (open)</i>	★ 7:15-8:15am(G) X-treme Functional Fitness** <i>Pete (3,4)</i>
5:30-6:30am (C) Cycle <i>Bobbie B.(open)</i>	5:30-6:30am (C) Cycle <i>Dave (4)</i>		5:30-6:30am (C) Cycle <i>Bobbie B.(open)</i>	5:30-6:30am (C) Cycle <i>Kristen(open)</i>	8:15-9:15am (C) Cycle <i>Gloria (open)</i>
★ 5:45-6:30am (M) Fish out of Water** <i>(group personal training)</i> <i>Kristen (open)</i>		★ 7:00-7:45am (M) Fish out of Water** <i>(group personal training)</i> <i>Kristen (open)</i>			★ 8:30-9:30am (G) Taekwondo <i>Chuck (open)</i>
★ 7:00-7:45am (M) Fish out of Water** <i>(group personal training)</i> <i>Kristen (open)</i>		8:00-9:25am (A) Tone & Strengthen <i>Kim (open)</i>		★ 7:00-7:45am (M) Fish out of Water** <i>(group personal training)</i> <i>Kristen (open)</i>	★ 8:30-9:30A (G) Judo <i>Dan (open)</i>
8:00-9:25am (A) Cardio-Sculpt <i>Nancy (3)</i>	8:00-9:25am (A) Fitness Express <i>Renee (3)</i>	8:15-9:15am (C) Cycle <i>Gloria (open)</i>	8:00-9:25am (A) Fitness Express <i>Renee (3)</i>	8:00-9:25am (A) Cardio-Sculpt <i>Nancy (3)</i>	845-9:45am (M) Simply Pilates <i>Maury (open)</i>
8:15-9:15am (C) Cycle <i>Gloria (open)</i>	8:30-9:25am (M) Low Impact Aerobics <i>Nathalie (1,2)</i>	8:45-9:45am (G) Contact-Kickboxing <i>Kristy (3)</i>		8:30-9:30am (M) Beg Step/Toning <i>Nathalie (2)</i>	★ 9:30-11:00am(G) Taekwondo <i>Chuck (3,4)</i>
8:45-9:45am (G) Contact-Kickboxing <i>Kristy (3)</i>	9:00-9:25am (A) Stretch Class <i>Renee (open)</i>	9:00-9:25am (A) Stretch Class <i>Kim (open)</i>	9:00-9:25am (A) Stretch Class <i>Renee (open)</i>	8:45-9:45am (G) Contact-Kickboxing <i>Kristy (3)</i>	9:30-11:00am (A) Cardio-Sculpt <i>jason, bonnie, gayle(3)</i>
9:00-10:15am (M) Yoga <i>Kathy (open)</i>		9:00-10:15am (M) Yoga <i>Kathy (open)</i>	9:00-10:00am (M) Pilates Beginner <i>Julia (open)</i>		10-11:30am (M) Yoga/Pilates Mix <i>Maury (4)</i>
9:30-10:25am (A) Beginner Step/Toning <i>Nathalie (2)</i>	9:30-10:25am (A) Yoga (yease) <i>Jim (open)</i>	9:30-10:30am (A) 50/50 (cardio/strength) <i>Ashley (3)</i>	9:30-10:30am (G) Low Impact Aerobics <i>Nathalie (1,2)</i>	9:30-10:30am (A) 50/50 (cardio/strength) <i>Ashley (3)</i>	11:05-12:05pm (A) Bootcamp <i>Denny (4)</i>
9:30-10:30am (C) Cycle <i>Bobbie H. (open)</i>	9:30-10:30am (M) Pilates <i>Ulrikke (open)</i>	9:30-10:30am (C) Cycle <i>Bobbie H. (open)</i>	9:30-10:25am (A) Yoga (yease) <i>Jim (open)</i>	9:30-10:30am (C) Cycle <i>Bobbie H. (open)</i>	3:00-4:00pm (A) Tai-Chi <i>Violet (open)</i>
9:30-10:30am (G) Boot Camp <i>Ashley (4)</i>	★ 9:30-10:30am(G) X-treme Functional Fitness** <i>Pete (3,4)</i>	10:30-11:30am (M) Low Impact Aerobics <i>Nathalie (1,2)</i>	10:00-11:00am (M) Pilates Advanced <i>Julia (3,4)</i>		SUNDAY
10:30-11:30am (A) Women on Weights <i>Denny (4)</i>	10:30-11:25am (A) Zumba <i>Kim (3)</i>	10:30-11:15am (A) Tone & Strengthen <i>Ashley (open)</i>		10:30-11:30am (A) Women on Weights <i>Denny (4)</i>	1-2:30pm (M) Yoga <i>Maury (open)</i>
11:40-12:25pm (A) Corp. Express Cardio <i>Carol (open)</i>	11:30-12:15pm (A) Corp. Express <i>Carla (open)</i>	11:15-12:15pm (A) Women on Weights <i>Denny (4)</i>	11:30-12:15pm (A) Corp. Express <i>Carla (open)</i>		4-5:30pm (M) Yoga <i>Maury (open)</i>
11:30-12:15pm (C) Cycle <i>Hilarie (open)</i>	11:30-12:15pm (C) Cycle Tri Training <i>Jenn (open)</i>	11:30-12:15pm (C) Cycle <i>Hilarie (open)</i>		11:30-12:15pm (C) Cycle <i>Hilarie (open)</i>	
12:30-1:15pm (A) Range of Motion Silver Sneakers Class <i>Nathalie (1)</i>		11:30-12:15pm (M) Yoga <i>Julia (open)</i>		11:30-12:15pm (M) Yoga <i>Julia (open)</i>	
1:30-2:30pm (A) 55+Strength Training <i>Denny (3)</i>	12:30-1:30pm (A) Healthy Moves <i>Marlene (2)</i>	12:30-1:15pm (A) Range of Motion Silver Sneakers Class <i>Nathalie (1)</i>	12:30-1:30pm (A) Healthy Moves <i>Marlene (2)</i>	12:30-1:15pm (A) Functional Training <i>Carla (1)</i>	
5:00-6:00pm (M) Yoga Beginner <i>Maury (open)</i>	4:45-5:45pm (A) Women on Weights <i>Denny (4)</i>	1:30-2:15pm (A) Functional Training <i>Carla (1)</i>	4:30-5:30pm (A) Women on Weights <i>Denny (4)</i>		
5:30-6:30pm (A) Core & More <i>Carla (open)</i>	5:30-6:30pm (M) Yoga Beginner <i>Maury (open)</i>	5:30-6:30pm (A) Contact-Kickboxing <i>Bonnie (3)</i>	5:30-6:30pm (M) Yoga Beginner <i>Maury (open)</i>	4:30-5:30pm (A) Pilates <i>Julia (open)</i>	
5:30-6:30pm (C) Cycle <i>Dixie (open)</i>	6:00-7:00pm (A) Pilates <i>Julie (open)</i>	5:30-6:30pm (C) Cycle <i>Dixie/Crissy(open)</i>	5:30-6:45pm (A) Cardio-Sculpt <i>Lisa/Jason (open)</i>	5:30-6:30pm (A) Tone & Strengthen <i>Julia (open)</i>	
6:05-7:15pm (M) Yoga Intermediate <i>Maury (3,4)</i>	6:35-8:05pm (M) Yoga Advanced <i>Maury (4)</i>	5:30-6:25pm (M) Simply Pilates <i>Maury (open)</i>	6:00-7:00pm (C) Cycle <i>Dave (4)</i>	5:30-6:30pm (C) Cycle <i>Kristen/Stef (open)</i>	
6:30-7:25pm (A) Step <i>Gayle (3)</i>	★ 7:00-8:30pm (G) Taekwondo <i>Chuck (4)</i>	6:30-8:00pm (M) Power Yoga <i>Maury (3)</i>	6:35-8:05pm (A) Yoga Advanced <i>Maury (4)</i>	6-7:30pm (M) Yoga Advanced <i>Maury (4)</i>	
★ 6:30-7:15pm (F) Strength for Athletes** <i>Kristen (open)</i>		6:35-7:35pm (A) Step <i>Dick (3)</i>			
6:45-7:45pm (C) Cycle <i>Dixie (open)</i>	7:00-8:00pm (A) SlowLift <i>Denny (3)</i>	6:45-7:45pm (C) Cycle <i>Dixie (open)</i>	6:50-7:50pm (A) Zumba <i>Lisa (3)</i>	★ 7:30-8:30pm (G) Fox Trot & Swing <i>Don & Kathy (open)</i>	

KEY

A=Aerobic Room
C=Cycling Room
F=Fitness Room
G=Gym
M=Multi-purpose

Open-All levels welcome
1-Beginners
2-Beg. with some experience
3-Experienced
4-Intermediate/advanced
★Fee based classes, Register at the service center

**Small Group Personal Training Class. Max 6 participants. Max 10 in X-treme Fitness

Yoga and Pilates require reservations 3 days in advance of class. Reser. can be made at the service center or by calling 636-532-3100. Limit of 12 participants.