

YMCA Aerobic Schedule

Summer Session
May 27th-August 10th, 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 am		Boot Camp (Kim)		Boot Camp (Kim)		
5:45-6:30 am	CardioSculpt (Julie)		Sculpt 45 min (Kerri)		Step Interval (Julie)	
7:30-9 am						Boot Camp 90 min (Rhonda)
8-8:30 am			A.I.S. (Tammy)	Step 45 min (Cori)		
8-8:55 am	A.I.S. 30 min (Mignonne)	Strength & Stretch (Mignonne)			Sculpt 45 min (Kelly)	
8:35-9:30 am	Sculpt (Mignonne)		Aerobics (Tammy)			
8:50-9:20 am				Abs (Cori)	Aerobics 45 min (Tammy)	
9-9:55 am		CardioKick (Becky)				Core Conditioning**+(Mignonne)
9:35-10:30 am	Interval Step (Julia)		CardioSculpt (Julie)	Y-Pump (Chris)		
9:50-10:35 am					Cardio Drills (Becky)	
10:05-11 am		Y-Pump (Chris) *				
10:30-11 am	Absolutely Abs (Julia) *					
5:15-6:10 pm	Y-Pump (Becky)		Circuit 60 min (Julia)			
5:30-6:25 pm		CardioSculpt (Linda)		Boot Camp 45 min (Rhonda)		
6:15-7:00 pm	Cardiokick (Rhonda)		Abs 30 min (Julia)			
6:20-7:15 pm				Y-Pump (Becky)		
6:30-7 pm		Abs 30 min (Linda)				
7:05-8 pm	Sculpt (Julie)					

**Held in meeting room. All other classes held in the South Gym. +Sign up at Service Center two days in advance. Limited space.

* Classes will be cancelled the weeks of 6/16, 6/23, 7/21, 7/28, and 8/4 due to Summer Camps.

Aerobic classes are included in membership. You do not need to sign up in advance, except where noted, just come!

Sometimes classes change. Please check with the Service Center or on the fitness bulletin board for the most current schedule.

Contact Info: Chris Ridgley (636)458-6636 extension 239 or cridgley@ymcastlouis.org. Current schedules available at ymcastlouis.org/wildwood/schedules



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

Revised 5/13/08