



Webster Group Exercise Fall Mini Session Aug 24th-Sept 14th

Webster Groves Family YMCA
226 E. Lockwood Avenue
Webster Groves, MO 63119
(314) 962-9622
www.ymcastlouis.org/webster

Revised 8/24/15

CLASSES LOCATED IN DANCE STUDIO UNLESS OTHERWISE NOTED					
Monday 5:50 AM- 12:30 PM	Tuesday 5:50 AM- 3:00 PM	Wednesday 5:50 AM- 12:30 PM	Thursday 5:50 AM- 12:30 PM	Friday 5:50 AM- 12:30 PM	Sat/Sun 5:50 AM- 12:30 PM
Super Step (5:30-6:30 am) Laura	Y Sculpt (5:50-6:45 am) Tara	Super Step (5:30-6:30 am) Lynn	Y Sculpt (5:50-6:45 am) Tara		SATURDAY
Cardio Boost (8:15 - 8:55am) Sue	5K Walking Group (8:00 - 9:15 am) Marty • Lobby	Y-Stretch (7:00-8:00 am) Jeff B.	5K Walking Group (8:00 - 9:15 am) Marty • Lobby		Cardio Kickboxing (8:30-9:25 am) Lynn
	Super Step (8:30 - 9:25 am) Sue	Super Step (8:15-8:55 am) Sue	Super Step (8:15-9:15am) Joy	Y Pump (8:15 - 9:15 am) Jen Sauter	NEW! Predance class Ages: 2-4 years old (1:45-2:30pm) Wendy
Exerball (9:00-9:55 am) Mary Beth	Zumba (9:30-10:25 am) Jaqueline	Cardio (9:00-9:55 am) Genny	Fusion (9:30-10:25 am) Kathy W.	Cardio Fit (9:30-10:30 am) Cathy J.	
Senior: Beginner Cardio (10:00-10:55 am) Mary Beth	Fusion (10:30-11:25 am) Kathy W.	Ballet Sculpt (10:00-10:55am) Cindy	Senior Yoga (10:30-11:25 am) Cathy J.		
Silver Sneakers-Classic (11:00 - 11:55 am) Debbie	Silver Sneakers-Yoga Stretch (11:30 - 1:00pm) Cathy J.	Silver Sneakers-Classic (11:00 - 11:55 am) Cathy J.	Y-Stretch (11:30-12:25 pm) Jeff B.		SUNDAY
					Zumba™ (11:15 am-12:40 pm) Karla/Jacqueline
4:00 PM - 8:25 PM	4:00 PM - 8:25 PM	4:00 PM - 8:25 PM	4:00 PM - 8:25 PM	4:00 PM - 8:25 PM	4:00 PM - 8:25 PM
			Zumba™ (5:30-6:25 pm) Nancy	**Classes are subject to change.	
Super Step (5:30-6:25 pm) Eileen	Cardio Boost (5:30-6:25pm) Nancy	Super Step (5:30-6:25 pm) Eileen	Yogalates (6:30-7:30pm) Dhyana		
Zumba (6:30-7:30 pm) Angie		Zumba (6:30-7:30pm) Renee	Yoga 7:30-8:30pm Dhyana		
SPINNING ROOM					
Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
HIIT Ride (5:45-6:45 am) Laurence	Variety Spin (5:45 am- 6:45 am) Ashley	HIIT Ride (5:45-6:45 am) Brittynne	Variety Spin (5:45- 6:30 am) Jen S.	Interval Ride (5:45-6:45 am) Pam	SATURDAY
Beginner Spin (8:00-9:00 am) Jerry J.	New Time! Variety Spin (8:15-9:15am) Jen S.				Interval Ride (7:15-8:00 am) Various
Interval Ride (9:30-10:30 am) Noreene		Interval Ride (9:30-10:15 am) Jerry J.	Variety Spin (9:30-10:30 am) Norene	Interval Ride (9:30-10:30 am) Brandy	Interval Ride (8:15-9:15 am) Pam
	Variety Spin (6:30-7:30pm) Rob		Interval Ride (6:30-7:30 pm) R.B.		SUNDAY
					Variety Spin (10:15am - 11:15 am) Various
	*Fee Based Class				