



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

**SOUTH COUNTY FAMILY YMCA  
 SPECIALTY GROUP FITNESS CLASSES**

**\*\* Open to Members Only \*\***

**Unlimited Monthly      \$50**

**Unlimited Session      \$99**

**Single Class              \$59**

**Fall I Session: Sept 11<sup>th</sup> – Oct 8<sup>th</sup> 2017 (6 weeks)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	<b>10:15am Group PT (GX) Kyle</b>		<b>10:15am Group PT (GX) Kyle</b>		
<b>6:00pm HIIT (GX) Bonnie</b>		<b>6:30pm HIIT (GX) Cathy B</b>	<b>6:00pm Boot Camp (GX) Art</b>		

**MARTIAL ARTS CLASSES: Price per Session**

**Fall I Session: Sept 11<sup>th</sup> – Oct 8<sup>th</sup> 2017 (6 weeks)**

	<b>Member</b>	<b>Non Member</b>
<b><u>Youn Wha Ryu</u></b>		
Monday 6:00pm – 6:50pm	\$35	\$70
Saturday 9:15am – 10:05am	\$35	\$70
<b><u>Taekwondo</u></b>		
Friday 5:00pm – 5:50pm	\$35	\$70
Saturday 10:15am – 11:15am (Saturday team – Invitation only)	\$15	\$30
<b><u>Kids Karate</u></b>		
Tuesday 6:00pm – 6:50pm	\$35	\$70
Wednesday 6:00pm – 6:50pm	\$35	\$70

<b>Class Name</b>	<b>Class Description: All classes are 50 minutes unless otherwise noted</b>
HIIT	High Intensity Interval Training takes your body to the max. Hard bursts of cardio/strength with short recovery periods in between. Feel the burn!
Boot Camp	Not your average workout! Military style drills to work you hard and confuse the body. A total body workout.
Large Group Personal Training	Work out with a certified personal trainer, in a large group of 2 – 10 people. This allows a more individualized approach at a great price.
Youn Wha Ryu  (Age 6 up)	Designed for any age 5 & up. Develops strength, flexibility & cardio while safely teaching effective self-defense techniques that include physical applications as well as mental and spiritual discipline. Opportunities to compete, learn various weapons and specialize in grappling & throwing. Classes are taught by certified instructors. Excellent for all the family! 50 min. class (Mon 6pm): Full members \$35 Non-members \$70 50 min. class (Sat 9:15am): Full members \$35 Non-members \$70
Taekwondo (age 5 up)	(Age 5 up) (50 min). Great for family members aged 5 and up. Taekwondo encourages respect for others and helps to improve balance, strength & flexibility. As you progress through the belts, you may be invited to join our Taekwondo team. Taught by certified instructors through the Kokiwan School in South Korea. \$35 (members) \$70 (non-members)
Kids Karate (Age 6 - 16)	(6-16 yrs) Builds confidence, self-esteem & discipline. Teaches basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program. 6th degree black belt instructor with over 30 years teaching experience. Certified through the American Council of Martial Arts. \$35 (members) \$70 (non-members)

12736 Southfork Rd • St Louis, MO 63128 • 314-849-9622 •  
gatewayregionymca.org