

2017 Group Fitness Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Friday
8-9am Free Walking Don't miss a step during inclement weather!	8-9am Free Walking Don't miss a step during inclement weather!	8-9am Free Walking Don't miss a step during inclement weather!	8-9am Free Walking Don't miss a step during inclement weather!	8-9am Free Walking Don't miss a step during inclement weather!
10:30-11:30am Chair Exercise Joyce Gym DI**	9:15-10am Senior Cardio Denise Gym DI**	10:30-11:30am Chair Exercise Joyce Gym DI**	9:15-10am Pilates Denise Gym DI**	10:30-11:30am Chair Exercise Joyce Gym DI**
12:15-1:15pm Yoga (Begin) Kelly Gym S* Meramec	10:30-11:30am Tai Chi Arthur Du Gym S*	Fitness Rm Open Mon-Thur 8am-9pm Fri 8am-5pm Sat 8am-4pm No excuses	Silver Sneakers accepted for the Fitness Rm, Walking & Pickleball <small>HEALTHY FITNESS</small>	9:30am-10:15 Zumba Gold Sharron Gym DI**
1:30-2:30pm Yoga (Advanced) Kelly Gym S* Meramec	11:00am-11:45 Zumba Gold Sharron Gym DI**	Get Fit with Pickleball! 12:30-2:30pm Tu, Wed, Th 10am-12 noon Th/ 12-2pm Sat, 6:30-8:30pm Wed We supply all equipment.	5:30-7pm Yogalates Motta Back Rooms S* Meramec	11:35am – 12:35pm Yoga (Advanced) Kelly Back Rooms S*
6-8:30pm Open Play Volleyball \$5 DI ** \$25 S *	Do you have a suggestion for a class or something new you would like us to have. Give us your ideas!		Get Out Get Fit!	12:30-1:30pm Exercise Line Dance Sandy Gym S* Meramec

How to take a Fitness Class

All Fees are paid to instructors, most instructors allow a free trial class.

Codes : Sessions S.* vs Drop In DI.**

To register for Meramec classes call 314-984-7777 / Fees vary.

More Info: Email dbohnert@stlouisco.com – Call 314-615-8820 or stop by the front desk!

1:45 –2:45pm
Exercise Line Dance
Sandy
Gym S* Meramec