

Group Exercise

Corporate
Express
Menu

O'Fallon Family YMCA

3451 Pheasant Meadows Drive
O'Fallon, MO 63368
636.379.0092

CLASS	DAY	TIME	TYPE
Vinyasa Yoga	Saturday	8:00-9:00am	Spirit/Mind/Body
Step N Pump	Thursday	9:30-10:30am	Combo
Zumba	Tuesday	6:15-7:15pm	Cardio

St. Charles County Family YMCA

3900 Shady Springs Drive
St. Charles, MO 63376
636.928.1928

CLASS	DAY	TIME	TYPE
Step & Sculpt	Monday	6:05-7:00am	Combo
Pilates	Monday	4:30-5:25pm	Spirit/Mind/Body
Y-Cardio Kickboxing	Wednesday	6:30-7:25pm	Cardio

Tri-County Family YMCA

5293 Quail Ridge Parkway
Wentzville, MO 63385
636.332.5574

CLASS	DAY	TIME	TYPE
Kids Fitness	Saturday	10:45-11:45am	Cardio
Silver Sneakers	Tuesday & Thursday	10:45-11:30am	Combo
REPS	Wednesday	4:30-5:45pm	Combo



Corporate Wellness



Cardio

ZUMBA® - High energy, motivating workout with unique Latin dance moves and combined fitness moves.

Y-Cardio Kickboxing - Traditional aerobics with kickboxing techniques to increase agility and endurance.

Kids Fitness - A high energy class designed for kids 3 and up who are able to follow simple directions. Strong focus on fun movement and encourages children to make exercise part of their daily life. Basic gross motor and sport skills are covered to help kids channel their energy.



Combo

Step N Pump- Combine steps and sculpting all in one class! Advanced moves, advanced choreography.

Step & Sculpt- Combines fun, easy to follow stepping and strength training. Perfect for improving cardiovascular fitness and muscle tone.

REPS - A total body workout! Choreographed exercises set to fun energizing music, this class contains powerful segments of cardio, strength, core, and relaxation that progress throughout the session.

Silver Sneakers - Music takes you through a variety of exercises designed to increase strength, range of movement, and activity for daily living skills. A chair is used for seated/standing support.

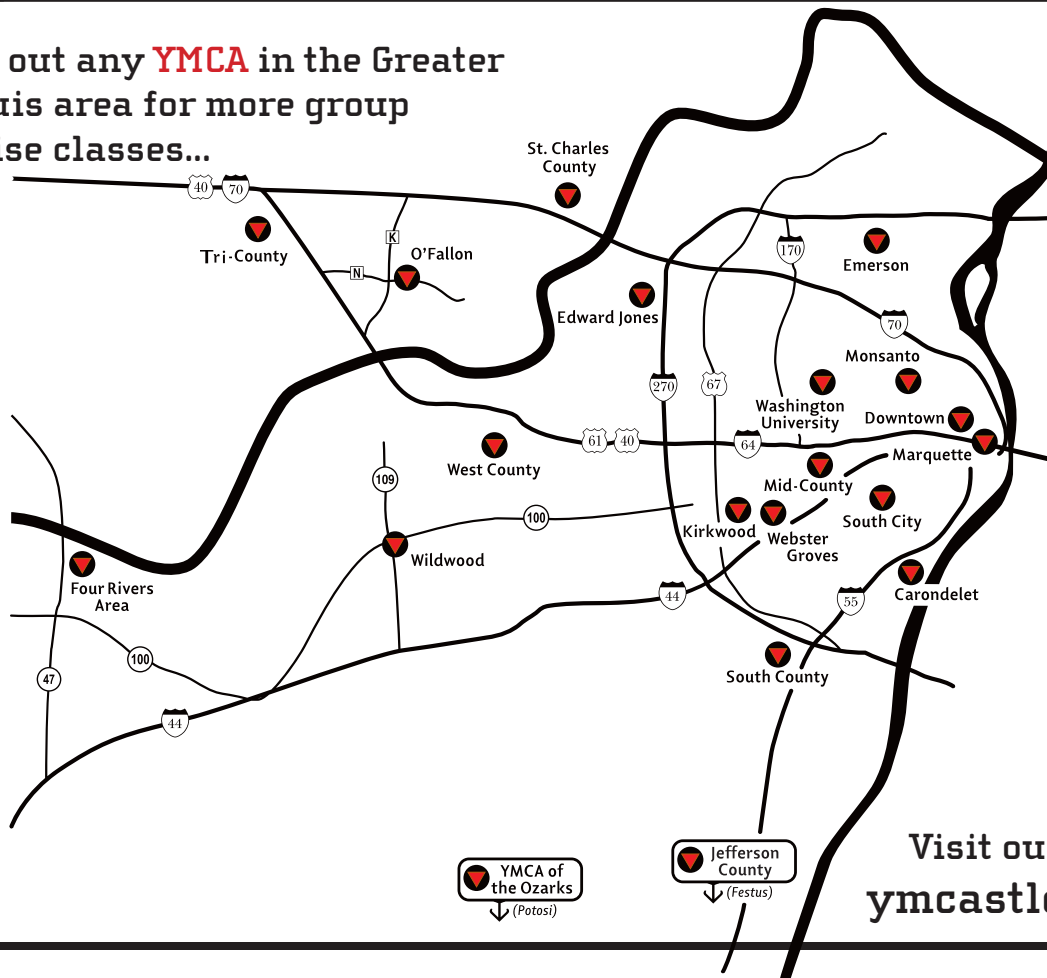


Spirit, Mind, Body

Vinyasa Yoga- This form of yoga is sometimes called Vinyasa Flow, or Flow because of the smooth way the poses run together and become like a dance. Balance flexibility, and strength are developed through yoga postures, focused mind and breathing exercises.

Pilates- Develop core muscular strength along with flexibility and better posture. Includes mat and ball exercises.

Check out any **YMCA** in the Greater St. Louis area for more group exercise classes...



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