

**Ste. Genevieve County Community Center
Winter 2012 Land and Water Fitness Class Schedule**

Fitness class sessions: Ses. 1: Jan 2–Feb. 11, Ses. 2: Feb.20–March 31, Ses. 3: April 9-May 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p align="center">Core Conditioning 6:00-6:45am \$25.50 member \$32.00 non-mem Linda Session 3 only!</p>	<p align="center">Boot Camp 5:45-6:45 am \$22.00 member \$27.00 non-member Jackie Smith</p>	<p align="center">Core Conditioning 6:00-6:45am \$25.50 member \$32.00 non-mem Linda Session 3 only!</p>	<p align="center">Piloxing 7:00-8:00am \$17.00 member \$21.25 non-member Christine Paige 2-day \$34.00 member \$42.50 non-member</p>	
<p>Water Aerobics 8:00-9:00am \$41.00 member \$51.00 non-member Jackie Smith</p>	<p>Power Plus 8:00-9:00am \$34.00 member \$42.50 non-member Jackie Smith</p>	<p>Water Aerobics 8:00-9:00am \$41.00 member \$51.00 non-member Selena Myracle</p>	<p>Power Plus 8:00-9:00am \$34.00 member \$42.50 non-member Jackie Smith</p>	<p>Water Aerobics 8:00-9:00am \$41.00 member \$51.00 non-member Sandy Picou</p>	<p align="center">Zumba 8:30-9:30am Vita Hodge Sosa See brochure for fees</p>
<p>Water Arthritis Plus 9:05-10:05am \$41.00 member \$51.00 non-member Selena Myracle</p>	<p>SilverSplash 9:30-10:30am \$34.00 member \$42.50 non-member Sandy Picou</p>	<p>Water Arthritis Plus 9:05-10:05am \$41.00 member \$51.00 non-member Selena Myracle</p>	<p>SilverSplash 9:30-10:30am \$34.00 member \$42.50 non-member Sandy Picou</p>	<p>Water Arthritis Plus 9:05-10:05am \$41.00 member \$51.00 non-member Sandy Picou</p>	<p>Butts and Guts 9:45-10:30am \$12.75 member \$16.00 non-member Christine Paige</p>
<p>SilverSneakers 10:30-11:15am \$25.50 member \$32.00 non-member Selena Myracle</p>	<p>YogaStretch 10:30-11:15am \$12.75 member \$16.00 non-member Sandy Picou</p>	<p>Pilates 9:00-9:45am \$12.75 member \$16.00 non-member Emi Vigeant Session 3 only!</p>		<p>YogaStretch 10:30-11:15am \$12.75 member \$16.00 non-member Sandy Picou</p>	
<p>Stretching For Life 12:10-12:40pm \$8.50 member \$10.75 non-member</p>	<p>Body Conditioning 12:15-12:45pm \$17 member \$21.50 non-member Jackie Smith</p>	<p>SilverSneakers 10:30-11:15am \$25.50 member \$32.00 non-member Selena Myracle</p>	<p>Body Conditioning 12:15-12:45pm \$17.00 member \$21.50 non-member Jackie Smith</p>		
		<p>Pilates 12:15-12:45pm \$8.50 member \$10.75 non-member Emi Vigeant Session 3 only!</p>	<p>Kettlebells 4:15-5:00pm \$18.00 member \$22.50 non-member Christine Paige</p>		
<p>Group Personal Training 5:00-6:00pm \$34.00 member \$42.50 non-member Jess Hess</p>	<p>6 Week Challenge 5:30-6:15pm \$25.50 member \$32.00 non-member Linda Brumfield</p>	<p>Group Personal Training 5:00-6:00pm \$34.00 member \$42.50 non-member Jess Hess</p>	<p>6 Week Challenge 5:30-6:15pm \$25.50 member \$32.00 non-member Linda Brumfield</p>		
	<p>Hydrofit 6:00-7:00pm \$34.00 member \$42.50 non-mem Diane Okenfuss</p>	<p>Zumba 6:00-7:00pm Brenda Basler and Regan Greminger See brochure for fees</p>	<p>Hydrofit 6:00-7:00pm \$34.00 member \$42.50 non-mem Diane Okenfuss</p>		
<p>Kettlebells 7:00-7:45pm \$36.00 member \$45.00 non-member Christina McDonald</p>	<p>Zumba/Zumba Toning Mash Up 6:30-7:30pm \$25.50 member \$34.50 non-member *6 Person Minimum</p>	<p>Kettlebells 7:00-7:45pm \$36.00 member \$45.00 non-member Christina McDonald</p>	<p>Piloxing 6:30-7:30pm \$17.00 member \$21.25 non-member Christine Paige 2-day \$34.00/\$42.50</p>		