

Oct 12-Nov 26, 2009

# Emerson Family YMCA Boeing Exercise Class Schedule

7-Week Sessions

**For class sign-ups, call Davena Wellington at YMCA at 314-521-1822.**

Scheduled Hours	Monday	Tuesday	Wednesday	Thursday	Friday
11:15am – 11:45am		Yogalates		Yogalates	
5:00pm – 6:00pm		Zumba		Zumba	
5:15pm – 6:15pm	Cardio Circuit				

This schedule may change, due to demand or low enrollment.

9/30/2009

*The Wellness Program*

# **Exercise Class Information**

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### **Emerson Family YMCA**

Exercise classes will be provided by YMCA Certified Instructors at St. Louis Boeing in the Bldg. 101 Multipurpose Room.

**Please call the YMCA at 314-521-1822 to sign up for exercise classes and/or to request additional days/times for specific classes.** Additional classes will be scheduled based on population demand and room availability. The exercise class schedule is available at the open house and on [BoeingWellnes.Com/Wellness](http://BoeingWellnes.Com/Wellness) Events Calendar under My Work Site Programs on access on the Boeing intranet at: <http://stlouiswellness.web.boeing.com>. Classes can be paid by cash, check or credit (see pricing below). All employees will be required to pay class fees in full at the first session.

### **Yogalates**

Class meets TWO days per week for 7-week session (T/TH)

\$34 per employee for 7-week session (Minimum of 8 employees participating)

Price subject to change depending on class enrollment

### **Cardio Circuit:**

Class meets for ONE day for 7-week session (Monday)

\$35 per employee for ONE day for 7-week session (Minimum of 8 employees participating)-(This is for an hour long class)

### **Zumba:**

Class meets for TWO days for 7-week session (T/TH)

\$62 per employee for TWO day for 7-week session (Minimum of 8 employees participating)

## **Refund**

Refunds will be processed per request. To guarantee a full refund, all requests must be submitted by the third week of classes. After the third week, all refund requests will be handled on a case by case basis. If you have not attended the program by the end of the second week of class, your spot will be forfeited and given to the next person on the waiting list.

## **Current YMCA Members:**

Current YMCA members should contact Davena Wellington at 314-521-1822 to discuss whether or not fees are waived for exercise classes held at Boeing.

9/30/2009