



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Y-West Open House

## FOR A BETTER YOU

Join Us on Saturday, April 30 for our Open House. We will have class demonstrations, giveaways, refreshments and more! Come and see what Y-West is all about!!

In preparation for our OPEN HOUSE ON April 30, 2016, from 9 am – 1 pm, Y-WEST at Perrow Church is offering FREE, yes I said FREE classes for the entire week of April 24<sup>th</sup> through April 30<sup>th</sup>.

*Bring a friend, a coworker, bring your family!*

Childcare is provided for all classes Monday-Thursday evenings and on Saturday. Spread the word; let's get Cross Lanes and the surrounding area excited about what we have to offer at Y-WEST @ Perrow Church!



**Mondays:**

**Spin** | 9:00-9:50 a.m.  
**Silver Sneakers** | 10:00-10:50 a.m.  
**Zumba** | 5:00-5:50 p.m.  
**Yoga** | 5:00-5:50 p.m.  
**Boot Camp** | 6:00-7:00 p.m.

**Tuesdays:**

**Silver Sneakers** | 9:00-10:00 a.m.  
**Gentle Yoga** | 10:00-10:50 a.m.  
**Body Flex** | 5:00-5:50 p.m.  
**Zumba** | 6:00-6:50 p.m.  
**Yoga** | 6:00-6:50 p.m.  
**Tabata** | 7:00-7:50 p.m.

**Wednesdays:**

**Cardio Kickstart** | 6:30-7:15 a.m.  
**Silver Sneakers** | 10:00-10:50 a.m.  
**Senior Stretch** | 11:00-11:50 a.m.  
**Yoga** | 5:00-5:50 p.m.  
**H.I.I.T** | 6:00-6:50 p.m.

**Thursdays:**

**Silver Sneakers** | 9:00-9:50 a.m.  
**Gentle Yoga** | 10:00-10:50 a.m.  
**Body Flex** | 5:00-5:50 p.m.  
**Yoga** | 6:00-6:50 p.m.  
**Spin** | 6:00-6:50 p.m.  
**Cardio Kick** | 6:00-6:50 p.m.

**Fridays:**

**Cardio Kickstart** | 6:15-7:00 a.m.  
**Silver Sneakers** | 10:00-10:50 a.m.  
**Pi-Yo** | 5:00-5:50 p.m.

**Saturdays:**

**Tabata** | 9:00-9:50 a.m.  
**Cardio/Strength** | 10:00-10:50 a.m.

**Sundays:**

**Sunday Funday** | 1:00-2:15 p.m.

Y-West at Perrow Church  
5345 Big Tyler Road • Cross Lanes, WV 25313