

# LEISURE LINE ONLINE • Winter/Spring 2017

Leisure Line online at [www.stpetersmo.net/leisure-line](http://www.stpetersmo.net/leisure-line)

REVISED:  
12-23-16



## Fitness Classes

Some classes are FREE for GOLD PLUS members—look for the GOLD PLUS logo. Class sizes are limited; please sign up early!

### NEW! 30 DAY TRANSFORMATION CHALLENGE

**Just 1 Month Can Change Your Life!**

#### Achieve Full-Body Fitness!

- Circuit Training 6 days a week.
- Professional instruction & insights.
- Transform your body!

#### Complete Nutrition Plan!

- Developed by Rec-Plex Dietician.
- Learn how to eat better & control your weight.
- Make changes for a healthier lifestyle!

#### Incredible Value!

- A Better You in 30 Days.
- Knowledge for a Lifetime!
- Costs less than a 5-session personal trainer plan!

Ready to change your life? Supplements, fitness DVDs and fad diets won't teach you how to make long-lasting improvements. The St. Peters Rec-Plex offers a unique opportunity to work with professionals 6 days a week for 4 weeks to learn how to work out and eat better for **a complete transformation ... to your body and your life!** Take the 30 Day Transformation Challenge and get an entire staff dedicated to your success. Learn to organize your life and create habits for a healthy lifestyle. Let us be your guides as we lead effective workouts, craft a realistic nutrition plan, track your progress and answer all of your questions!

#### Commit to a Better Life Today!

\$250/Passholders • \$300/General Public  
\$200/GOLD PLUS members

**You save nearly \$1,000 compared to a similar personal training package!**

- 45-minute circuit training classes Mon-Sat.
- See packet at Front Desk for available dates/times.
- Sign up 24 hours in advance for training sessions.
- Complete body assessments on Saturdays.
- Nutrition seminars on Saturdays.

**30 Day Transformation Challenge begins Jan. 2, 2017.  
Sign up today for a great start to your New Year!**

## FITNESS ASSESSMENT

FREE for Rec-Plex Passholders and Gold+ Members

\$28/General Public

Advanced Registration Required



Help set goals for yourself by assessing your body at different times of the year. Personal trainers will be on hand to physically assess any individual. Each assessment offers a 1-mile walk/run test, blood pressure, flexibility, and body fat composition. A brief consultation with a personal trainer will conclude the assessment. Two participants will be scheduled every 15 minutes. Assessments last for about 45 minutes.

44522	2/4/17	Sat	8:00 - 8:15 am
44523	2/4/17	Sat	8:15 - 8:30 am
44524	2/4/17	Sat	8:30 - 8:45 am
44525	2/4/17	Sat	8:45 - 9:00 am
44526	2/4/17	Sat	9:00 - 9:15 am
44527	2/4/17	Sat	9:15 - 9:30 am
44528	2/4/17	Sat	9:30 - 9:45 am
44529	2/4/17	Sat	9:45 - 10:00 am
44530	2/4/17	Sat	10:00 - 10:15 am
44531	2/4/17	Sat	10:15 - 10:30 am
44532	2/4/17	Sat	10:30 - 10:45 am
44533	5/13/17	Sat	8:00 - 8:15 am
44534	5/13/17	Sat	8:15 - 8:30 am
44535	5/13/17	Sat	8:30 - 8:45 am
44536	5/13/17	Sat	8:45 - 9:00 am
44537	5/13/17	Sat	9:00 - 9:15 am
44538	5/13/17	Sat	9:15 - 9:30 am
44539	5/13/17	Sat	9:30 - 9:45 am
44540	5/13/17	Sat	9:45 - 10:00 am
44541	5/13/17	Sat	10:00 - 10:15 am
44542	5/13/17	Sat	10:15 - 10:30 am
44543	5/13/17	Sat	10:30 - 10:45 am

## BODY BASICS FOR ADULTS

FREE - Passholders & Gold Plus members

\$30/General Public



This 1-hour class is designed for anyone who wants to learn the "basics" in our weight room and cardio room. A certified fitness professional will give you a simple orientation. (This is not designed to be a personal training program—personal training and small group training are also available at the Rec-Plex.) Classes are limited to 10 people per session, and pre-registration is required.

44043	12/10/16	Sat	9:00 - 10:00 am
44544	1/7/17	Sat	9:00 - 10:00 am
44545	2/4/17	Sat	9:00 - 10:00 am
44546	3/4/17	Sat	9:00 - 10:00 am
44547	4/1/17	Sat	9:00 - 10:00 am
44597	5/6/17	Sat	9:00 - 10:00 am

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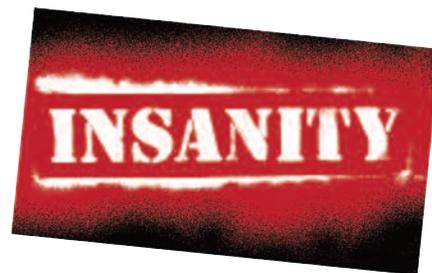
## Fitness Classes

### NEW! INSANITY!

**\$42/Passholders • \$52/General Public**

**8 classes • 45 minutes each**

Ready for an insanely tough workout? Then you are ready for Insanity! No weights. No machines. Just a lot of sweat and hard work and RESULTS. Insanity is a new twist on interval training—you work HARD for 3-5 minutes and then take just enough of a break to catch your breath before starting up again. By pushing the limits, your body has to adapt. Lose weight? Yes, you will. Lose body fat and inches? You will, and you will earn every inch you lose. Insanity certified instructor Amber Westerson will push you to develop your abs, arms, back and legs. Start your morning off in this high-intensity interval class! Classes are Tuesday & Thursday mornings 5:30am to 6:15am. Class minimum enrollment is 5.



44553	1/3/17	Tue,Thu	5:30 - 6:15 am
44554	1/31/17	Tue,Thu	5:30 - 6:15 am
44555	2/28/17	Tue,Thu	5:30 - 6:15 am
44564	3/28/17	Tue,Thu	5:30 - 6:15 am
44565	5/2/17	Tue,Thu	5:30 - 6:15 am

### NEW! AQUA CIRCUIT FITNESS TRAINING

**\$20/Passholders • \$30/General Public**

CHALLENGE YOUR BODY! Use the resistance of the water to increase endurance levels and muscular strength. Aqua circuit fitness is a rotation of various exercises to work different parts of the body along with a warm-up and cool-down. This class is perfect for cross training for all sports; increases cardiovascular fitness and body performance; strengthens upper and lower body; and improves aerobic fitness. Come join the fun!

44657	2/1/17	Wed	7:00 - 7:50 pm
44658	3/8/17	Wed	7:00 - 7:50 pm
44659	4/5/17	Wed	7:00 - 7:50 pm

### NEW! MOVEMENT DISORDER TRAINING

**\$45/Passholders • \$55/General Public**

**6 classes • Meets in Upper Level Aerobics Room**

The list of conditions involving nerve and muscle function is daunting. Everything from Parkinson's to stroke and muscular dystrophy comes under this diagnostic term. In the last few years there has been a significant increase in research and clinical interest in using exercise as a treatment for mobility. The research is irrefutable—exercise has been shown to help reduce symptoms and slow the progression of the manifestations of muscle conditions. This 60-minute class is designed for people with Parkinson's, but may also help stroke and other conditions. It can aid those who manifest slight to severe movement impairment. The class routine focuses on strength, balance and mind/body awareness. You may participate in either seated or standing positions. Each session ends with a 10-minute guided relaxation experience. Among the techniques used will be focused breathing, muscle tension/relaxation and visualization. Studies also support the use of meditation as an aid for people with Parkinson's Disease. MRI scans have shown increased density in the brain and decreased tremors of subjects who meditated. It can also help reduce anxiety and aid participants in relaxing. Instructor Karen Sullivan is an MDT trained fitness specialist with more than 25 years' experience.

44057	12/6/16	Tue	10:15 - 11:15 am
44598	1/17/17	Tue	10:15 - 11:15 am
44599	2/28/17	Tue	10:15 - 11:15 am
44600	4/18/17	Tue	10:15 - 11:15 am

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## NEW Small Group Training

**BIG RESULTS at a GREAT VALUE!**

### FEATURED NEW CLASS! SMALL GROUP PERSONAL TRAINING

\$58/Passholder • \$68/General Public  
8 Classes • 1 hour each

Are you ready to do what it takes to reach your fitness goals? Join Small Group Personal Training for big results! You'll get intense workouts with many of the same benefits of individual personal training sessions—at a fraction of the cost. Classes are small, but still offer the peer support and motivation that can help you reach your goals. Small Group Personal Training helps build total body strength to improve your metabolism, body composition and overall health. Classes meet twice a week for 4 weeks. Class size is limited to 6. Min. age: 16.

44050	12/1/16	Tue,Thu	7:00 - 8:00 pm
44566	1/3/17	Tue,Thu	7:00 - 8:00 pm
44567	1/31/17	Tue,Thu	7:00 - 8:00 pm
44568	2/28/17	Tue,Thu	7:00 - 8:00 pm
44569	3/28/17	Tue,Thu	7:00 - 8:00 pm
44570	5/2/17	Tue,Thu	7:00 - 8:00 pm



### NEW! SUPERSET SATURDAYS

\$32/Passholder • \$40/General Public

Weekend warriors, learn how to lift weights, get stronger and tone in a small group setting! A certified personal trainer will lead a class of no more than eight participants for a non-judgmental, non-intimidating way to start or advance your strength training. Join a fun group of like-minded people for 1 hour of strength and cardio circuits in a private training room.

44054	12/3/16	Sat	8:30 - 9:30 am
44950	1/7/17	Sat	8:30 - 9:30 am
44951	2/4/17	Sat	8:30 - 9:30 am
44952	3/4/17	Sat	8:30 - 9:30 am
44953	4/1/17	Sat	8:30 - 9:30 am
44954	5/6/17	Sat	8:30 - 9:30 am



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## YOGA

**\$45/Passholder • \$56/General Public**  
**FREE TO GOLD PLUS MEMBERS! 4 Weeks**



Hatha-style yoga tightens and tones the entire body, enhances flexibility and builds core strength by combining traditional fitness training, focused breathing and strength building through yoga poses. This yoga style is for people of all ages and fitness levels who want to ease into yoga. The focus will be on form, control and relaxation. Modifications will be made to suit any individual. Minimum 6 students, maximum 25 students.

44601	1/3/17	Tue	10:30 - 11:30 am
44602	1/31/17	Tue	10:30 - 11:30 am
44603	2/28/17	Tue	10:30 - 11:30 am
44604	3/28/17	Tue	10:30 - 11:30 am
44605	5/2/17	Tue	10:30 - 11:30 am



## POWER YOGA (vinyasa Yoga)

**\$45/Passholder • \$56/General Public**  
**FREE TO GOLD PLUS MEMBERS! 4 Weeks**



Power Yoga (Vinyasa Yoga) is a unique choreography of asanas (postures) in which one pose flows into the next. Power Yoga takes it to the next level by adding toning exercises to these moves, improving strength, flexibility and balance. This invigorating style of yoga will introduce you to a degree of vitality you never knew you had.

44606	1/4/17	Wed	7:00 - 8:00 pm
44607	2/1/17	Wed	7:00 - 8:00 pm
44608	3/1/17	Wed	7:00 - 8:00 pm
44609	3/29/17	Wed	7:00 - 8:00 pm
44610	5/3/17	Wed	7:00 - 8:00 pm

## NEW! TAI CHI

**\$60/Passholder • \$70/General Public**  
**FREE TO GOLD PLUS MEMBERS!**



Principles of Tai Chi class will be based on Sun style Tai Chi. The smooth moving form is designed to improve balance and coordination. This class is perfect for anyone dealing with arthritis or balance issues. Students will learn basic breathing and movement principles and coordinate them into a simple series of 8 forms. Each session meets twice a week for 4 weeks at Rec-Plex South. Max. class size – 15.

44944	1/9/17	Mon,Wed	10:15 - 11:15 am
45043	2/13/17	Mon,Wed	10:15 - 11:15 am
45044	3/27/17	Mon,Wed	10:15 - 11:15 am

## NEW! SEATED TAI CHI

**\$34/Passholder • \$44/General Public**  
**FREE TO GOLD PLUS MEMBERS! Six 45-min. classes**



Seated Tai Chi for Health is based on Sun style Tai Chi. This form is an easy, safe and effective program suitable for people who are unable to stand or walk, or prefer practicing sitting down. Students will learn basic breathing and tai chi movement principles and coordinate them into a simple series of forms. Sessions will meet once a week in the upper aerobics room. Max. class size – 15.

45035	1/13/17	Fri	10:15 - 11:00 am
45045	3/3/17	Fri	10:15 - 11:00 am

## REC-PLEX PERSONAL TRAINERS



### Hire a Pro and Reach Your Fitness Goal!

- Nationally Certified Professionals
- Trainers for all ages & all fitness levels
- Set appointments that fit your schedule

**Money Saver:**

**“Training Sessions with a Friend”**

*Share the experience  
 & the cost of a personal trainer!*

[www.stpetersmo.net/Rec-Plex](http://www.stpetersmo.net/Rec-Plex)  
 636-939-2386, ext. 1640

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## RPX Cycling Classes

### REC-PLEX CYCLING

Free to GOLD PLUS members!

\$37/Passholder • \$57/General Public • 8 Weeks



Experience the high energy and excitement of Rec-Plex Xtreme Indoor Cycling. RPX Cycling is a 60-minute indoor cycling program that burns calories and gives you a great cardio workout. Your coach will lead you up hills, flats, and mountain peaks all to the beat of high-intensity music. The computerized StarTrac 6800 Spinner Pro bikes give you ongoing feedback on your progress and let you control the speed and resistance.

#### Rules of the Road

- Plan to arrive 15 minutes prior to the start time of the class for proper bike setup.
- Bring towel and water bottle to each class.
- Heart rate monitors, stiff-soled shoes or cycling shoes, gel seats, and bike pants are recommended.
- Please wear a different pair of shoes to class if changing into cycling shoes.
- You are required to let the instructor know of any special needs or conditions.
- Please keep conversations to a minimum.

ALL REGISTERED PARTICIPANTS MUST ARRIVE AT LEAST 5 MINUTES BEFORE CLASS BEGINS TO GUARANTEE THEY HAVE A BIKE. Children ages 12-15 years may attend with a participating parent, however, there are height restrictions. Participants need to be about 5 feet tall to use the bikes. Minimum class size is 5.



44759	1/2/17	Mon	6:00 - 7:00 pm
4754	1/3/17	Tue	9:30 - 10:30 am
44755	1/4/17	Wed	5:15 - 6:15 am
44756	1/4/17	Wed	6:00 - 7:00 pm
44757	1/5/17	Thu	9:00 - 10:00 am
44758	1/7/17	Sat	8:00 - 9:00 am
44913	2/27/17	Mon	6:00 - 7:00 pm
44903	2/28/17	Tue	9:30 - 10:30 am
44905	3/1/17	Wed	5:15 - 6:15 am
44907	3/1/17	Wed	6:00 - 7:00 pm
44909	3/2/17	Thu	9:00 - 10:00 am
44911	3/4/17	Sat	8:00 - 9:00 am
44918	4/24/17	Mon	6:00 - 7:00 pm
44904	4/25/17	Tue	9:30 - 10:30 am
44906	4/26/17	Wed	5:15 - 6:15 am
44908	4/26/17	Wed	6:00 - 7:00 pm
44910	4/27/17	Thu	9:00 - 10:00 am
44912	4/29/17	Sat	8:00 - 9:00 am

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## Fitness Classes



### KETTLEBELL CLASSES

**FREE TO GOLD PLUS MEMBERS!**  
**\$12/Passholder • \$32/General Public**  
**Four 30-minute classes**



Kettlebell class is a complete, 30-minute workout that will sculpt, tone and transform your body. It's a great way to get in or stay in shape. Working with a kettlebell increases strength, endurance and agility while challenging the cardiovascular and muscular system with dynamic functional movements.

44239	12/3/16	Sat	9:30 - 10:00 am
44237	12/8/16	Thu	6:30 - 7:00 pm
44765	1/3/17	Tue	6:30 - 7:00 pm
44766	1/5/17	Thu	6:30 - 7:00 pm
44769	1/31/17	Tue	6:30 - 7:00 pm
44770	2/2/17	Thu	6:30 - 7:00 pm
44773	2/28/17	Tue	6:30 - 7:00 pm
44774	3/2/17	Thu	6:30 - 7:00 pm
44777	3/28/17	Tue	6:30 - 7:00 pm
44778	3/30/17	Thu	6:30 - 7:00 pm
44781	5/2/17	Tue	6:30 - 7:00 pm
44782	5/4/17	Thu	6:30 - 7:00 pm

### KETTLEBELL FOR BEGINNERS

**\$28/Passholder • \$38/General Public for**  
**Eight 30-minute classes**  
**FREE TO GOLD PLUS MEMBERS!**



The Kettlebell for Beginners class teaches basic kettlebell lifts with a strong emphasis on form and technique. This slower paced class will introduce the core set of exercises to a kettlebell workout. If you have little or no experience with a kettlebell, you're required to take the beginner class. The half-hour class meets twice a week. Once you have successfully completed Kettlebell for Beginners, you will have the skills needed for Kettlebell or Advance Kettlebell, which are faster paced workouts. You must register in advance for this class - no drop-ins allowed.

44150	12/6/16	Tue,Thu	6:00 - 6:30 pm
44141	1/3/17	Tue,Thu	6:00 - 6:30 pm
44783	1/3/17	Tue,Thu	6:00 - 6:30 pm
44785	1/31/17	Tue,Thu	6:00 - 6:30 pm
44787	2/28/17	Tue,Thu	6:00 - 6:30 pm
44789	3/28/17	Tue,Thu	6:00 - 6:30 pm
44862	5/2/17	Tue,Thu	6:00 - 6:30 pm

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## Fitness Classes

### AEROBIC GROUP EXERCISE CLASSES

Passholders: **FREE!** • General Public: **\$42/month or \$9/class**  
**FREE FOR GOLD PLUS MEMBERS—Pre-registration required!**

Choose from a variety of ongoing aerobic group exercise classes for ages 16 and up, offered Monday through Saturday in the Rec-Plex Aerobics Room. Our group aerobics classes offer something for just about anyone, with instructors pushing you to reach a great workout, but also willing to provide modifications to help beginners. A current monthly schedule and class descriptions are available at the Rec-Plex and at the online calendar page at [www.stpetersmo.net/Rec-Plex](http://www.stpetersmo.net/Rec-Plex). Register in advance—each class is limited to 25 participants.

*Please check with your physician before beginning any exercise program!*

- No classes when building is closed, or aerobic rooms are closed.
- Please check the calendar of upcoming events.
- All classes are 55 minutes unless otherwise noted.



**You can attend as many classes as you wish (with advance registration) in one of two ways: 1) Pay a monthly fee, or 2) Join the Rec-Plex.** Rec-Plex members get **FREE** Group Aerobics as part of their member benefits. Non-passholders may also pay a drop-in fee of \$9.00 per class. Classes are not held on Rec-Plex observed holidays. Teens ages 13-15 may register for Group Aerobics classes if they are attending with a parent who is also a registered participant.

44039	December
44919	January
44920	February
44921	March
44922	April
44955	May

**For the latest Aerobics Schedule, check the Rec-Plex front desk or online calendar at [www.stpetersmo.net/rec-plex](http://www.stpetersmo.net/rec-plex). Aerobics Schedule changes monthly.**

### ACTIVE OLDER ADULT AEROBICS

Learn more about these half-hour classes on the ACTIVE OLDER ADULT CLASSES page.

### BOOTCAMP

Build functional strength using body weight, resistance bands and weights along with brief bursts of cardiovascular exercise in a boot camp-style format that is sure to motivate participants.

### CARDIO STRENGTH AND CONDITIONING COMBO

Build your strength and cardiovascular endurance while learning proper form and technique to maximize results and avoid injury. This interval-style workout will use weights, bars, medicine balls, bands and other equipment, as well as the track for conditioning skills. (Bring shoes for running). We can accommodate all fitness levels.

### CARDIO - STRENGTH INTERVALS

Get ready to work! Experience the effectiveness of interspersing bouts of cardio moves with periods of lower intensity strength moves. Interval training is a great way to ramp up your typical total body workout. Great for all fitness levels.

### HIP HOP

Keep your body moving to the hottest dance moves incorporating hip hop flare. This class provides an electrifying atmosphere for all!

### PILOGA

This dynamic, movement-based class combines yogic postures with pilates-inspired core strengthening exercises in order to increase functional upper and lower body strength as well as tone the body's powerhouse, the core.

### PIYO STRENGTH

It's the perfect fusion of strength building, rhythmic movement and power with a foundation in Pilates and yoga. Burn calories while transforming your body. Beginning and advanced students will see results!

### QUICK CORE

A quick 15-minute workout focusing on abdominal and back muscles.

### STEP COMBO

Train and shape the entire body, no matter your fitness level, with this cardiovascular workout. Class alternates step aerobics with toning and interval training. We provide the step and toning equipment.

### TOTAL BODY CONDITIONING

Strength and cardio segments combine with equipment such as dumbbells, body bars and bands to provide a total body workout.

### TABATA

Want a change to your workout routine? Try Tabata! Improve your endurance, strength and speed with Tabata's "40 seconds on and 10 seconds of rest" workout style.

### TURBO KICK

One of the hottest kickboxing classes around, Turbo Kick™ combines sports drills, athletic movements and hip-hop elements that will take your cardio workout to the next level!

### WEIGHT TRAINING

Try out this weight training class designed to sculpt a strong, defined body using special weighted bars. All levels can participate and continue even after strength gains.

### ZUMBA

An aerobic workout that fuses Latin rhythms and tantalizing moves to create a dynamic and energizing class. This class is designed to be fun and easy for everyone.



# Active Older Adult Classes

## 50+ WEIGHT TRAINING

**\$33/Passholder • \$38/General Public**  
**FREE TO GOLD PLUS MEMBERS! 4 Weeks**



Working from your toes to your head, you'll use every muscle rotating around the weight machines. You'll walk away feeling strong and energized. Finish the workout with a cool-down and stretch to relax the mind and lengthen the muscles you worked. Participants should bring doctor's approval to the first class. 55-minute class will meet in the fitness stretching area. Students should bring a water bottle. The 50 + Balance and Coordination Strength Class is a very good prerequisite to this class.

44094	12/5/16	Mon	10:00 - 11:00 am
44812	1/9/17	Mon	10:00 - 11:00 am
44813	2/6/17	Mon	10:00 - 11:00 am
44814	3/6/17	Mon	10:00 - 11:00 am
44815	4/3/17	Mon	10:00 - 11:00 am
44816	5/1/17	Mon	10:00 - 11:00 am



## 50+ BALANCE & COORDINATION STRENGTH

**\$33/Passholder • \$38/General Public**  
**FREE TO GOLD PLUS MEMBERS!**  
**4 Weeks**



Improve your balance and coordination through functional movements. You'll use light free weights, the track, and your own body weight to strengthen your entire body and enhance your core stability. Finish the workout with a cool-down and stretch to relax the mind and lengthen the muscles you worked. Class meets in the fitness stretching area.



44098	12/7/16	Wed	10:30 - 11:30 am
44817	1/4/17	Wed	10:30 - 11:30 am
44818	2/1/17	Wed	10:30 - 11:30 am
44819	3/1/17	Wed	10:30 - 11:30 am
44820	3/29/17	Wed	10:30 - 11:30 am
44821	5/3/17	Wed	10:30 - 11:30 am

## AQUA CIRCUIT FITNESS TRAINING

**CHALLENGE YOUR BODY!** Use the resistance of the water to increase endurance levels and muscular strength. Aqua Circuit Fitness is a rotation of various exercises to work different parts of the body along with a warm-up and cool-down. This class is perfect for cross training for all sports: increase cardiovascular fitness and body performance; strengthen upper and lower body; and improve aerobic fitness. Come join the fun!

44657	2/1/17	Wed	7:00 - 7:50 pm
44658	3/8/17	Wed	7:00 - 7:50 pm
44659	4/5/17	Wed	7:00 - 7:50 pm

### MORE OPPORTUNITIES FOR ACTIVE OLDER ADULTS AT THE ST. PETERS REC-PLEX:

**Aqua Aerobics • Yoga**  
**Walking Club • Low Membership Rates**  
**Grandparent Family Passes**  
**Healthways SilverSneakers® Fitness Program** (select Medicare Health Plans offer FREE Rec-Plex Membership)  
Learn more at [www.stpetersmo.net/rec-plex](http://www.stpetersmo.net/rec-plex).



# Family Fitness Programs



## YOUTH FITNESS ORIENTATION



**\$50/Passholder • \$62/General Public**  
**2 Classes/90 min. each • FREE to Gold Plus Members!**

If you are between the ages of 12 and 15, you can gain access to the Rec-Plex weight room and track areas by completing this class. A certified fitness professional will instruct you in the proper technique for using the weight room and some of the cardiovascular equipment in two 90-minute classes. Each class will include a warm-up, strength training and flexibility component; however this is not a personal training lesson. Attendance at both classes is required.

1. Students ages 12 & 13 **MUST HAVE A PARENT ACCOMPANY THEM DURING CLASS & WHEN WORKING OUT AT REC-PLEX.** The parent does not pay to attend the course.
2. Students ages 14 & 15 may attend class on their own, and then have the privilege of using the fitness areas without a parent, although adult supervision is recommended.
3. This is a revocable privilege and fitness area usage may be suspended if improper or unsafe behavior is observed.
4. A fitness card will be issued upon completion of the course. Card must be shown on request

44102	12/6/16	Tue,Thu	4:30 - 6:00 pm
44822	1/3/17	Tue,Thu	4:30 - 6:00 pm
44823	2/7/17	Tue,Thu	4:30 - 6:00 pm
44824	3/7/17	Tue,Thu	4:30 - 6:00 pm
44825	4/4/17	Tue,Thu	4:30 - 6:00 pm
44826	5/2/17	Tue,Thu	4:30 - 6:00 pm



## PRESCHOOLERS CAN EXERCISE!



**\$26/Passholder • \$36/General Public**  
**FREE TO GOLD PLUS MEMBERS!**  
**4 Weeks**

Kids ages 3 to 4 enjoy getting active and moving in a fun class. Our instructor uses music, basic gymnastics and fun props to help your child build balance and coordination while working with other kids and sharing. This class is four weeks long and each class is 30 minutes. A parent must accompany child to each class.

44112	12/5/16	Mon	10:30 - 11:00 am
44832	1/9/17	Mon	10:30 - 11:00 am
44833	2/6/17	Mon	10:30 - 11:00 am
44834	3/6/17	Mon	10:30 - 11:00 am
44835	4/3/17	Mon	10:30 - 11:00 am
44836	5/1/17	Mon	10:30 - 11:00 am

## EXER-FUN AGES 5-8



**\$28/Passholder • \$38/General Public**  
**FREE TO GOLD PLUS MEMBERS!**  
**4 Weeks**

Exer-FUN is a great exercise class developed specifically for kids ages 5-8. Your child will learn to exercise while having fun with games and other forms of exercise. A physical education teacher leads this 45-minute class and uses a variety of equipment and exercise disciplines appropriate for this age group. One parent may also attend the class for a small additional fee.

44837	1/3/17	Tue	6:00 - 6:45 pm
44838	1/31/17	Tue	6:00 - 6:45 pm
44839	2/28/17	Tue	6:00 - 6:45 pm
44840	3/28/17	Tue	6:00 - 6:45 pm
44841	4/25/17	Tue	6:00 - 6:45 pm

## MOMMY (OR DADDY) & ME



**\$26/Passholder • \$36/General Public**  
**FREE TO GOLD PLUS MEMBERS! 4 Weeks**

Mom or Dad, bring your toddler—ages 18 months to 2 years—to a fun class that gets kids moving. Our instructor uses music and movement, basic gymnastics and other activities that build gross motor skills. Parents must accompany the child to each class.

44108	12/5/16	Mon	11:00 - 11:30 am
44842	1/9/17	Mon	11:00 - 11:30 am
44843	2/6/17	Mon	11:00 - 11:30 am
44844	3/6/17	Mon	11:00 - 11:30 am
44845	4/3/17	Mon	11:00 - 11:30 am
44846	5/1/17	Mon	11:00 - 11:30 am

# LEISURE LINE ONLINE • Winter/Spring 2017

Leisure Line online at [www.stpetersmo.net/leisure-line](http://www.stpetersmo.net/leisure-line)



## Family Fitness Programs

### YOUTH WEIGHT TRAINING

For Ages 10-15

FREE for GOLD PLUS MEMBERS

\$28/Passholders & \$38/General Public



Would you like to introduce your child to proper weight training? Do you have a young athlete who wants to get an edge in their sport? Youth Weight Training class is good for any young person between the ages of 10 and 15 who wants to gain strength and conditioning. Young athletes will get an edge in their sport. And, all kids can use the knowledge and confidence they gain in this class to help build on a healthy, active lifestyle that will benefit them for many years to come!

**Class requires a minimum of 4 students. Anyone interested should contact Kelly Pettis at [kpettis@stpetersmo.net](mailto:kpettis@stpetersmo.net).**

44061	12/8/16	Thu	6:00 - 6:45 pm
44847	1/5/17	Thu	6:00 - 6:45 pm
44848	2/2/17	Thu	6:00 - 6:45 pm
44849	3/2/17	Thu	6:00 - 6:45 pm
44850	3/30/17	Thu	6:00 - 6:45 pm
44851	4/27/17	Thu	6:00 - 6:45 pm

### ON STAGE – SPARKLE & SHINE – PRIVATE DANCE AND STAGE PERFORMANCE INSTRUCTION

**Ages: 3+ • Prerequisite: Tumbling Class • Limited Openings**

Do you have a young girl who comes alive when given the chance to perform? Through concentrated one-on-one training, experienced choreographer/dance and tumbling instructor Connie Schaffer assists your youngster in selecting appropriate music and creating a talent routine to showcase her creative performance-oriented personality. Put your young one on an early path to self-confidence by learning showmanship skills and perfecting her talent routines for performance.

Former St. Charles County Junior Miss and choreographer for the Missouri Junior Miss Scholarship Program, Connie Schaffer has many years of experience creating talent routines for stage and competition. She was the talent winner at the St. Charles County Junior Miss program and Physical Fitness Winner at the local and Missouri State Junior Miss Program. She went on to state as overall winner and talent winner in the District Cinderella Pageant. Over the years, she has received many first place titles in her acrobatic

divisions, later being asked to coach and choreograph for the Missouri State Junior Miss program. As captain of the Lindenwood Lions Cheerleaders, she created talent/dance routines and was awarded an Athletic Director Award from the university.

Limited private lessons are being offered for students who show an interest at an early age of performing for others and who would like to learn showmanship skills for fun, as well as to perfect their talent and skills for the future. For questions or further information, contact Kelly Pettis at 636-939-2386, ext. 1640.

### TUMBLING

**Ages 2-7 • \$40/Passholder \$50/General Public • 4 Weeks**

Your child will love attending this tumbling class at the Rec-Plex. Unlike other similar programs, this 45-minute acrobatic class progressively guides children through beginning skills, followed by participation in a fun-filled obstacle course before finally concluding with individual instruction on cartwheels, headstands, handstands, diving forward rolls and more. Growth in coordination, balance, flexibility and new skills helps boost children's self-confidence. The class is for boys and girls ages 2 - 7.

44128	12/8/16	Thu	10:30 - 11:15 am
44129	12/8/16	Thu	11:15 - 12:00 pm
44852	1/5/17	Thu	10:30 - 11:15 am
44853	1/5/17	Thu	11:15 - 12:00 pm
44854	2/2/17	Thu	10:30 - 11:15 am
44855	2/2/17	Thu	11:15 - 12:00 pm
44856	3/2/17	Thu	10:30 - 11:15 am
44857	3/2/17	Thu	11:15 - 12:00 pm
44858	3/30/17	Thu	10:30 - 11:15 am
44859	3/30/17	Thu	11:15 - 12:00 pm
44860	5/4/17	Thu	10:30 - 11:15 am
44861	5/4/17	Thu	11:15 - 12:00 pm

### Private Tumbling/Acrobatic Instructions Available

Private & Semi-Private lessons are available for all ages from beginners through advanced levels. They are taught by a former St. Charles County Junior Miss Talent Winner. Instructor Connie Schaffer is an experienced choreographer with Missouri Junior Miss Physical Fitness and is also a Junior Miss Physical Fitness Winner.

For more information call 636-939-2386, ext. 1640.

# LEISURE LINE ONLINE • Winter/Spring 2017

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## Family Fun Events



### BREAKFAST WITH SANTA

**\$12/Child • \$6/Adult**

Registration must be done by phone or in person. Children ages 2 to 8 can join Santa at Rec-Plex South for a delicious breakfast, make a craft, and sing their favorite Christmas songs. A continental breakfast will be served beginning at 9:00 a.m. Parents and grandparents can also share breakfast with St. Nick. Parents should bring a camera for some memorable pictures. Deadline for registration is December 6, 2016, or when filled. Advanced Registration is required.

44240 12/10/16 Sat 8:30 - 10:30 am



### NEW YEAR'S EVE LOCK-IN

**FREE for GOLD PLUS MEMBERS**

**\$25/Passholders, \$50/Residents & \$60/General Public**

Who says New Year's Eve celebrations are only for adults? Under adult supervision, children ages 8-13 can have the time of their lives swimming, ice skating, and participating in other specially planned activities while parents can go out for the evening and do their own thing. Parents, rest assured that the Rec-Plex staff will provide a safe and enjoyable environment for your child. Lock-in participants can purchase items from the food court during the evening.

Please note: Each child MUST be registered in advance. On December 31, 2015 late registrations will be accepted until 1 p.m., if space is available, and will be subject to a late charge of \$15.00 per child. NO REGISTRATION WILL BE TAKEN AT THE DOOR. An emergency contact/parental authorization form must be completed and be submitted at check-in. That information is available online.

44369 12/31/16 Sat 7:00 pm - 7:00 am



### WINTER WONDERLAND ON ICE

**December 9, 7 pm • December 10, 5 pm**

Come and celebrate the holidays as the Rec-Plex ice arena comes to life and turns into an enchanted Winter Wonderland on Ice. The best Rec-Plex solo skaters and synchronized skating teams will dazzle with the beauty and skill of their original programs. Beloved holiday characters join in the festivities to make this a delightful event for the whole family.

Tickets (on sale Nov. 22 at Rec-Plex):

Rec-Plex passholders: \$8.50/Adult, \$6.50/Child (12 and under)  
and \$6.50/Seniors (55 and up)

General Public: \$9.50/Adult, \$7.50/Child and \$7.50/Seniors



### FATHER & DAUGHTER SWEETHEART DANCE

**\$14 per person**

Dad can bring his favorite girl, his daughter, for a delightful evening filled with music, dancing, and dessert with lemonade. This festive event for girls ages 5 to 13 and Dads of all ages, will be held in the beautifully decorated banquet facilities at St. Peters City Hall. A professional photographer will be present to take pictures so you may remember the evening. When registering on-line print out your receipt and bring it with you the evening of the dance for admission. ADVANCE REGISTRATION IS REQUIRED. Registrations will not be accepted at the door. Dance is held at the Cultural Arts Center at St. Peters City Hall.

44261 2/4/17 Sat 6:30 - 9:00 pm