

LEISURE LINE ONLINE • Winter/Spring 2017

Leisure Line online at www.stpetersmo.net/leisure-line



Aqua Aerobics Classes

REVISED:
11-15-16

4 Classes: \$20/Passholder • \$30/General Public

8 Classes: \$40/Passholder • \$50/General Public

Some classes are **FREE** for Gold Plus members—Look for the Gold Plus logo!



Note: Course fees may vary according to the number of classes offered.

Aqua aerobics is an excellent way to maintain fitness without the stress to your joints that land-based exercise can produce. Each Rec-Plex class consists of stretching, aerobic exercise, muscle strengthening and a cool-down period. Read the course descriptions to help you find the right class.



You don't have to swim to attend these classes. Due to scheduling concerns, course length is subject to change. In those cases, the fees are adjusted.

Consult your physician before you begin any new fitness routine.

Due to the wet environment, we recommend that you wear some type of aqua shoe to protect your feet while exercising, and give you better stability on the pool deck and in the locker room.

ADVANCED AQUA AEROBICS

Advanced Aqua Aerobics offers a pace geared for a more strenuous cardiovascular workout and strength training geared toward specific muscle groups.

44652	1/9/17	Mon,Wed	6:00 - 6:55 pm
44640	1/10/17	Tue,Thu	6:00 - 6:55 pm
44653	2/13/17	Mon,Wed	6:00 - 6:55 pm
44648	2/14/17	Tue,Thu	6:00 - 6:55 pm
44654	3/6/17	Mon,Wed	6:00 - 6:55 pm
44649	3/7/17	Tue,Thu	6:00 - 6:55 pm
44655	4/3/17	Mon,Wed	6:00 - 6:55 pm
44650	4/4/17	Tue,Thu	6:00 - 6:55 pm
44656	5/1/17	Mon,Wed	6:00 - 6:55 pm
44651	5/2/17	Tue,Thu	6:00 - 6:55 pm

TWINGES IN THE HINGES

If you need a slower-paced workout or if you're challenged by arthritis, this class is an excellent choice. Warm water assists in buoyancy and resistance, allowing you to have fun and exercise. You will be led through a series of exercises designed to help improve joint flexibility and movement.

44622	1/10/17	Tue,Thu	10:00 - 10:55 am
44626	2/7/17	Tue,Thu	10:00 - 10:55 am
44627	3/7/17	Tue,Thu	10:00 - 10:55 am
44628	4/4/17	Tue,Thu	10:00 - 10:55 am
44629	5/2/17	Tue,Thu	10:00 - 10:55 am



Leisure Line online at www.stpetersmo.net/leisure-line



Swim Lessons



AI CHI AQUA AEROBICS

Ai Chi is a simple water exercise and relaxation program performed using a combination of deep breathing and slow, broad movements of the arms, legs and torso in flowing, continual patterns. This class combines Ai Chi with other eastern exercise, such as Sen Fi (sensual fighting), to provide a balance of energy enhancement and stress relief.

44863	1/9/17	Mon,Wed	10:00 - 10:55 am
44631	1/13/17	Fri	10:00 - 10:55 am
44864	2/6/17	Mon,Wed	10:00 - 10:55 am
44636	2/10/17	Fri	10:00 - 10:55 am
44865	3/6/17	Mon,Wed	10:00 - 10:55 am
44637	3/10/17	Fri	10:00 - 10:55 am
44866	4/3/17	Mon,Wed	10:00 - 10:55 am
44638	4/7/17	Fri	10:00 - 10:55 am
44867	5/1/17	Mon,Wed	10:00 - 10:55 am
44639	5/5/17	Fri	10:00 - 10:55 am

AQUA AEROBICS FOR EVERYONE



Free for Gold Plus members!

A great choice for anyone wanting to participate in aqua aerobics, this class features exercises from all levels of aqua aerobics.

44868	1/10/17	Tue	9:00 - 9:55 am
44877	1/12/17	Thu	9:00 - 9:55 am
44873	2/7/17	Tue	9:00 - 9:55 am
44878	2/9/17	Thu	9:00 - 9:55 am
44874	3/7/17	Tue	9:00 - 9:55 am
44879	3/9/17	Thu	9:00 - 9:55 am
44875	4/4/17	Tue	9:00 - 9:55 am
44880	4/6/17	Thu	9:00 - 9:55 am
44876	5/2/17	Tue	9:00 - 9:55 am
44881	5/4/17	Thu	9:00 - 9:55 am

DEEP WATER AQUA AEROBICS

FREE for Gold Plus Members!

This class will benefit individuals who are comfortable in the water whether beginner or advanced. With the assistance of a flotation device, this class gives a total body workout, while strengthening core muscles. Class takes place in 8+ deep water.

44882	1/9/17	Mon	9:00 - 9:55 am
44893	1/11/17	Wed	9:00 - 9:55 am
44898	1/13/17	Fri	9:00 - 9:55 am
44889	2/6/17	Mon	9:00 - 9:55 am
44894	2/8/17	Wed	9:00 - 9:55 am
44899	2/10/17	Fri	9:00 - 9:55 am
44890	3/6/17	Mon	9:00 - 9:55 am
44895	3/8/17	Wed	9:00 - 9:55 am
44900	3/10/17	Fr	9:00 - 9:55 am
44891	4/3/17	Mon	9:00 - 9:55 am
44896	4/5/17	Wed	9:00 - 9:55 am
44901	4/7/17	Fri	9:00 - 9:55 am
44892	5/1/17	Mon	9:00 - 9:55 am
44897	5/3/17	Wed	9:00 - 9:55 am
44902	5/5/17	Fri	9:00 - 9:55 am





Swim Lessons



AQUA CARDIO COMBO

FREE for Gold Plus Members!

This class is an excellent choice for all levels. This class will encompass all facets of aqua aerobics — everything from Beginning to Advanced.

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

WARM WATER

This class is designed to integrate strength, stretching, balance, and cardio exercises at a slower pace in the warm water leisure pool. Various sizes of noodles, gloves, and bands are utilized. Class is designed to improve joint flexibility, cardio vascular endurance, and movement. Participants determine their own level of exercise intensity and ability.

44571	1/3/17	Tue,Thu	8:00 - 8:55 am
44575	1/31/17	Tue,Thu	8:00 - 8:55 am
44576	2/28/17	Tue,Thu	8:00 - 8:55 am
44577	3/28/17	Tue,Thu	8:00 - 8:55 am
44578	4/25/17	Tue,Thu	8:00 - 8:55 am

44579	1/3/17	Tue	7:00 - 7:55 am
44582	1/5/17	Thu	7:00 - 7:55 am
44584	1/9/17	Mon	7:00 - 7:55 am
44587	1/11/17	Wed	7:00 - 7:55 am
44589	1/13/17	Fri	7:00 - 7:55 am
44585	2/6/17	Mon	7:00 - 7:55 am
44580	2/7/17	Tue	7:00 - 7:55 am
44588	2/8/17	Wed	7:00 - 7:55 am
44583	2/9/17	Thu	7:00 - 7:55 am
44590	2/10/17	Fri	7:00 - 7:55 am
44586	3/6/17	Mon	7:00 - 7:55 am
44581	3/7/17	Tue	7:00 - 7:55 am
44613	3/8/17	Wed	7:00 - 7:55 am
44594	3/9/17	Thu	7:00 - 7:55 am
44591	3/10/17	Fri	7:00 - 7:55 am
44611	4/3/17	Mon	7:00 - 7:55 am
44592	4/4/17	Tue	7:00 - 7:55 am
44614	4/5/17	Wed	7:00 - 7:55 am
44595	4/6/17	Thu	7:00 - 7:55 am
44616	4/7/17	Fri	7:00 - 7:55 am
44612	5/1/17	Mon	7:00 - 7:55 am
44593	5/2/17	Tue	7:00 - 7:55 am
44615	5/3/17	Wed	7:00 - 7:55 am
44596	5/4/17	Thu	7:00 - 7:55 am
44617	5/5/17	Fri	7:00 - 7:55 am

