

DECEMBER

Group Exercise Schedule

No classes on
Christmas Day

Passholders: FREE! • General Public: \$42/month or \$9/visit
Advance Registration Required • 1-Hour Classes (unless otherwise noted)

Monday	5:45 am	Cardio - Strength Intervals	Kari
	8:30 am	Cardio - Strength Intervals	Karen
	9:00 am	Active Older Adult Flexibility/Balance*	Kari
	9:30 am	Active Older Adult Flexibility/Balance*	Kari
	9:30 am	Weight Training	Karen
	5:00 pm	Tabata (30 min.)	Alison
	6:30 pm	Weight Training	<i>Sherri</i>
	7:30 pm	Piyo Strength	Laurie
Tuesday	9:00 am	Bootcamp	Karen
	9:00 am	Active Older Adult Strength*	Ben
	9:30 am	Active Older Adult Strength*	Ben
	6:00 pm	Bootcamp	Alison
	7:00 pm	Zumba	Megan
Wednesday	5:45 am	Cardio - Strength Intervals	Deb/Kelly
	8:30 am	Weight Training	Kim
	9:00 am	Active Older Adult Flexibility/Balance*	Kari
	9:30 am	Active Older Adult Flexibility/Balance*	Kari
	9:30 am	Total Body Conditioning	Kim
	5:30 pm	Strength Tabata Training (30 min.)	Brandon
	6:00 pm	Turbo Kick	Megan
Thursday	8:30 am	Core and More	Cheryl
	9:00 am	Active Older Adult Strength*	Ben
	9:30 am	Active Older Adult Strength*	Ben
	9:30 am	Piloxing (30 Min.)	Megan
	10:00 am	Piloga	Liz
	5:30 pm	Cardio - Strength Intervals	Kim
Friday	6:30 pm	Bootcamp	David
	5:45 am	Cardio - Strength Intervals	Deb
	8:30 am	Cardio - Strength Intervals	Kelly
	9:30 am	Zumba	Kate
	5:45 p.m.	Piyo Strength	Laurie
Saturday	8:15 am	Weight Training	Kim
	9:15 am	Instructor's choice**	Kim



**AEROBICS CLASSES
ARE FREE TO
REC-PLEX
ANNUAL
PASSHOLDERS.
GET YOUR PASS
TODAY!**

BOLD/ITAL = CHANGES THIS MONTH

*30-minute class held in Upper Aerobics Room (ideal for SilverSneakers® members)

**See schedule on Aerobics Room door (Bootcamp/Hip Hop/Turbo Kick/Step)



www.stpetersmo.net/rec-plex • 636-939-2386

For schedules, go online to www.stpetersmo.net/rec-plex and click on the online calendar.

REC-PLEX GROUP AEROBICS CLASS DESCRIPTIONS

ACTIVE OLDER ADULT FLEXIBILITY AND BALANCE

This class focuses on balance and self-awareness so you can continue to stay on your feet, free from falls and injury. Ideal for SilverSneakers® members!

ACTIVE OLDER ADULT STRENGTH

Improve and maintain the strength in your muscles so that you can stay on the move and maintain an active lifestyle. Ideal for SilverSneakers® members!

BOOTCAMP

This 60-minute class incorporates functional strengthening moves 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 to take their fitness to the next level.

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.

CORE AND MORE

A mixture of core and pilates exercises, using balls, weights and bands. This class not only targets core muscles but also the upper and lower body, providing a full-body workout for students of all levels.

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 that burns calories while transforming your body. It includes modifications so everyone can participate, but also offers progressions to challenge the more advanced student. Beginning and advanced students will see results!

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. (STRENGTH TABATA TRAINING focuses on strength over cardio endurance.)

TOTAL BODY CONDITIONING

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

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 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.

