

LEISURE LINE ONLINE • Winter/Spring 2017

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



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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