



# Winter/Spring 2021 Leisure Line Online Fitness Classes

Leisure Line online at [www.stpetersmo.net/classes](http://www.stpetersmo.net/classes) • REVISED 11-16-20

## Group Strength with Karen:

This small group training program is designed to change and challenge your body. You'll work with personal trainer, Karen Sullivan, to focus on cardio, core and strength training. All fitness levels are accepted and workouts may be modified based on needs. Class meets once a week on Thursdays in the lower aerobics room. Ages 16 and up.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F145	1/7-1/28	Thu	10:30am-11:30am	RPX	\$36/\$46
F146	2/4-2/25	Thu	10:30am-11:30am	RPX	\$36/\$46
F147	3/4-3/25	Thu	10:30am-11:30am	RPX	\$36/\$46
F148	4/1-4/29	Thu	10:30am-11:30am	RPX	\$45/\$55
F149	5/6-5/27	Thu	10:30am-11:30am	RPX	\$36/\$46

## Body Basics for Adults: G+

This 1-hour class is designed for new participants and current participants who want to learn the 'basics' in the weight room and the cardio room. Each class will meet once to give the participant a simple orientation to these components of the REC-PLEX. The class will be taught by a certified fitness professional, but it is not designed to be a personal training program. Classes are limited to 10 participants per session, and pre-registration is required.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F110	1/9	Sat	9:00am-10:00am	RPX	\$0/\$30
F111	2/6	Sat	9:00am-10:00am	RPX	\$0/\$30
F112	3/6	Sat	9:00am-10:00am	RPX	\$0/\$30
F113	4/3	Sat	9:00am-10:00am	RPX	\$0/\$30
F114	5/1	Sat	9:00am-10:00am	RPX	\$0/\$30

## 50+ Balance & Coordination: G+

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:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F100	1/6-1/27	Wed	10:30am-11:30am	RPX	\$32/\$42
F101	2/3-2/24	Wed	10:30am-11:30am	RPX	\$32/\$42
F102	3/3-3/31	Wed	10:30am-11:30am	RPX	\$40/\$50
F103	4/7-4/28	Wed	10:30am-11:30am	RPX	\$32/\$42
F104	5/5-5/26	Wed	10:30am-11:30am	RPX	\$32/\$42

## 50+ Weight Training: G+

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.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F105	1/4-1/25	Mon	10:00am-11:00am	RPX	\$32/\$42
F106	2/1-2/22	Mon	10:00am-11:00am	RPX	\$32/\$42
F107	3/1-3/29	Mon	10:00am-11:00am	RPX	\$40/\$50
F108	4/5-4/26	Mon	10:00am-11:00am	RPX	\$32/\$42
F109	5/3-5/24	Mon	10:00am-11:00am	RPX	\$32/\$42

## RPX Cycling: G+

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 Keiser M3i bikes give you ongoing feedback on your progress and let you control the speed and resistance. Drop-ins are allowed on a 'space available' basis.

### Rules of the Road:

- Plan to arrive 15 minutes prior to the start of the class for proper bike set up.
- Bring a towel and water bottle for 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.
- Notify the trainer of any injuries.

Drop-ins are allowed on a space-available basis. Contact the Rec-Plex for schedule changes, information on drop-in fees, and class availability.

**ALL REGISTERED PARTICIPANTS MUST ARRIVE AT LEAST 5 MINUTES BEFORE CLASS BEGINS TO GUARANTEE THEY HAVE A BIKE.**

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F175	1/7-1/28	Thu	9:00am-10:00am	RPX	\$22/\$32
F176	2/4-2/25	Thu	9:00am-10:00am	RPX	\$22/\$32
F177	3/4-3/25	Thu	9:00am-10:00am	RPX	\$22/\$32
F178	4/1-4/29	Thu	9:00am-10:00am	RPX	\$28/\$38
F179	5/6-5/27	Thu	9:00am-10:00am	RPX	\$22/\$32

## Youth Fitness Permit: G+

Participants, ages 12 through 15, can gain access to the Rec-Plex weight room, track, and cardio room by completing this class. A fitness professional will instruct you in a general overview of our workout areas while stressing proper form, use of equipment, and gym etiquette. The class will cover some workout scenarios - Individualized workout plans should be designed in a follow-up one-on-one personal training session. Attendance at both classes is required.

1. Students ages 12 & 13 **MUST** have a parent accompany them during class and when working out at the 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.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F220	1/5-1/7	T/Th	6:00pm-7:30pm	RPX	\$53/\$63
F221	2/2-2/4	T/Th	6:00pm-7:30pm	RPX	\$53/\$63
F222	3/2-3/4	T/Th	6:00pm-7:30pm	RPX	\$53/\$63
F223	4/6-4/8	T/Th	6:00pm-7:30pm	RPX	\$53/\$63
F224	5/4-5/6	T/Th	6:00pm-7:30pm	RPX	\$53/\$63