

August 1-23, 2020

FREE Member Group Aerobics

Members Only

1-Hour Classes (unless otherwise noted)

DAY	TIME	CLASS	TRAINER	LOCATION
Monday	5:45 AM	Cardio - Strength Intervals	Kelly / Deb	Gymnasium
	8:30 AM	Cardio - Strength Intervals	Karen	Gymnasium
	9:45 AM	Cardio - Strength Intervals	Karen	Gymnasium
	5:30 PM	Total Body HIIT (30 min.)	Michelle	Gymnasium
	6:15 PM	Core De Force	Michelle	Gymnasium
Tuesday	8:30 AM	Active Older Adult Strength*	Karen	Gymnasium
	9:15 AM	Active Older Adult Strength*	Karen	Gymnasium
	6:00 PM	Cardio - Strength Intervals	Alison	Gymnasium
Wednesday	8:30 AM	Cardio - Strength Intervals	Karen	Gymnasium
	9:45 AM	Cardio - Strength Intervals	Karen	Gymnasium
	5:30 PM	Total Body HIIT (30 min.)	Karen	Gymnasium
	6:15 PM	Core De Force	Michelle	Gymnasium
Thursday	8:30 AM	Active Older Adult Strength*	Karen	Gymnasium
	9:15 AM	Active Older Adult Strength*	Karen	Gymnasium
	6:00 PM	Zumba	Rachel	Gymnasium
Friday	5:45 AM	Cardio - Strength Intervals	Deb	Gymnasium
	9:00 AM	Zumba	Rachel	Gymnasium



BOLD/ITAL = UPDATES

*30-minute class (ideal for SilverSneakers and Renew Active members)

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

For online schedules visit www.stpetersmo.net/rec-plex and click on "Rec-Plex Calendar/Hours"