

# Phase 2: Beginning July 6

## FREE Member Group Aerobics

### Members Only

1-Hour Classes (unless otherwise noted)

DAY	TIME	CLASS	TRAINER	LOCATION
Monday	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	9:00 AM	Zumba	Rachel	Gymnasium



BOLD/ITAL = UPDATES

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

**[www.stpetersmo.net/rec-plex](http://www.stpetersmo.net/rec-plex) 636-939-2386**

For online schedules visit [www.stpetersmo.net/rec-plex](http://www.stpetersmo.net/rec-plex) and click on "Rec-Plex Calendar/Hours"