

April 2021

FREE! MEMBER GROUP AEROBICS

Register online, in-person, or over the phone · (636) 939-2386 x1400 · www.stpetersmo.net/rec-connect

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>CODE</u>	<u>INSTRUCTOR</u>	<u>LOCATION</u>
Monday	5:45 AM	Cardio—Strength Intervals	F313	Kelly/Deb	Gymnasium
	8:30 AM	Functional Strength Training (New)	F314	Michelle	Gymnasium
	9:45 AM	Zumba	F315	Rachel	Gymnasium
	5:30 PM	Total Body HIIT (30 min.)	F317	Michelle	Gymnasium
	6:15 PM	Core De Force	F318	Michelle	Gymnasium
	Tuesday	8:30 AM	Conditioning Intervals (New)	F319	Michelle
9:00 AM		Active Older Adult—Strength*	N/A	Karen	Upper Aerobics
9:45 AM		Active Older Adult—Strength*	N/A	Karen	Upper Aerobics
9:45 AM		Barre Fusion	F320	Rachel	Gymnasium
5:45 PM		AMPD Fusion (New)	F321	Katie	Gymnasium
7:00 PM		Piyo	F322	Laurie	Upper Aerobics
Wednesday	5:45 AM	Cardio—Strength Intervals	F323	Kelly	Gymnasium
	8:30 AM	Strength Training (New)	F324	Kim	Gymnasium
	9:45 AM	Total Body Conditioning (New)	F325	Kim	Gymnasium
	5:30 PM	Total Body HIIT (30 min.)	F326	Michelle	Gymnasium
	6:15 PM	Core De Force	F327	Michelle	Gymnasium
Thursday	8:30 AM	Functional Strength Training	F328	Michelle	Gymnasium
	9:00 AM	Active Older Adult—Balance & Coordination*	N/A	Karen	Upper Aerobics
	9:45 AM	Active Older Adult—Balance & Coordination*	N/A	Karen	Upper Aerobics
	9:45 AM	Conditioning Intervals (New)	F329	Michelle	Gymnasium
	6:00 PM	Zumba	F330	Rachel	Gymnasium
Friday	5:45 AM	Cardio—Strength Intervals	F331	Deb	Gymnasium
	8:45 AM	Zumba	F332	Rachel	Gymnasium
	9:45 AM	Core De Force	F333	Michelle	Gymnasium

*Active Older Adult classes are 30 minutes & are on a first come, first served basis with a max capacity of 11. These classes are ideal for SilverSneakers or Renew Active members! Check in at the Front Desk for a spot.

GROUP AEROBICS CLASS DESCRIPTIONS

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ACTIVE OLDER ADULT—FLEXIBILITY & Balance*

This class focuses on balance and self-awareness so you can continue to stay on your feet, free from falls and injury.

ACTIVE OLDER ADULT—STRENGTH*

Improve and maintain the strength in your muscles so you can stay on the move and maintain an active lifestyle.

AMPD FUSION

AMPD Fusion is a 60 minute class that is broken up into 2 parts. The first 30 minutes focuses on intervals and varied intensity training. You will burn calories, build muscle and improve your cardiovascular. The last 30 minutes will be fused with a choreography of weights and/ or resistant bands. You will find yourself signing along to the music as you are moving through the workout. This class is for everyone!

BARRE FUSION

Ballet mixed workout with full-body toning and sculpting. Each song targets a specific muscle group, choreographed with non-dancers in mind.

CARDIO—STRENGTH INTERVALS

Experience the effectiveness of mixing bouts of cardio with lower-intensity strength moves. Interval training is a great way to ramp up your typical workout and this class is great for all fitness levels.

CORE DE FORCE

This workout is broken down into 3-minute rounds. You'll attack boxing, kickboxing, Muay Thai combinations, body-weight moves and a fat-blasting cardio spike in each round!

Conditioning Intervals

This 60-minute Interval Conditioning class combines cardio, strength, and core moves using interval training for a total body workout. It's designed to tone and condition your body, improve your endurance, and burn more fat.

Functional training

A total body strength program designed to develop and condition your muscles to improve and enhance strength, mobility, and everyday activities.

PIYO

The perfect fusion of strength building, rhythmic movement, and power with a foundation in Pilates and Yoga. This class includes modifications so everyone can participate, but also offers progressions to challenge more advance students.

STRENGTH TRAINING

Try out this strength training class designed to sculpt a strong, and defined body using dumbbells weights and other strength equipment. All levels can participate and continue after strength gains.

TOTAL BODY CONDITIONING

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

TOTAL BODY HIIT

A cardio-based total body conditioning program based on MAX Interval Training, this class allows participants to increase intensity at their pace, building up to higher-intensity training which results in more calories burned and a more efficient metabolism.

ZUMBA

This class fuses Latin rhythms and tantalizing moves to create a dynamic and energizing class—fun and easy for all!