

REC-PLEX SCHEDULE: JAN. 2021

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Rev. 12-29-20



AREA OF INTEREST	Program • Location Who/How to Participate	Open Times
FITNESS ROOMS	<ul style="list-style-type: none"> • Cardio Room, Weight Room, Track • Members Only 	Mon-Thu: 5 am-10 pm / Fri: 5 am-9 pm Sat: 7 am - 7 pm / Sun: 10 am - 6 pm
GROUP FITNESS	<ul style="list-style-type: none"> • Rec-Plex Gym for Members Only: See class descriptions online at Rec-Plex calendar page • Active Older Adults meet in Upper Aerobics Room: Visit Front Desk to reserve your spot in class 	See Members Only group fitness class times online at Rec-Plex calendar page 2021 CHANGES: Free member Group Aerobics classes will now require advance registration on a monthly basis
ICE PROGRAMS	PUBLIC ICE SESSIONS / North Rink <ul style="list-style-type: none"> • Members & Public: Reserve spot thru REC-CONNECT Flex Registration Gen. Public: \$8 Members: FREE \$3.50/Ice skate rental <hr/> FREESTYLES / North Rink <ul style="list-style-type: none"> • Members & Public: Reserve spot thru REC-CONNECT Flex Registration Gen. Public: \$9.25 for 30 min., \$15/hr.; Members: \$7 for 30 min., \$10.50/hr. <hr/> STICK & PUCK / North Rink <ul style="list-style-type: none"> • Members & Public: Reserve spot thru REC-CONNECT Flex Registration \$10 (goalies not free); FREE for GOLD+ 	Mon: 9-10 am, 10:15-11:15 am Tue & Wed: 9-10 am, 10:15-11:15 am, 7:30-8:30 pm Thu: 9-10 am, 10:15-11:15 am, 3:30-5 pm Fri: 9-10 am, 10:15-11:15 am, 7-8:30 pm Sat: 12:30-1:30 pm, 2-3 pm, 6:15-7:15 pm Sun: 12:30-1:30 pm, 2-3 pm Mon: 3-5 pm / Tue: 6:30-8:45 am, 3-5 pm Wed: 3-5 pm / Thu: 6:30-8:45 am, 5:45-6:45 pm Fri: 6:30-8:45 am, 3-5 pm, CLUB ICE Fridays - 5:15-6:45 pm Sat: 7:15-8:15 am, 9-10:30 am Sun: 11:15 am-12:15 pm Mon: 11:30 am-12:30 pm (all ages) Tue & Wed: 8:45-9:45 pm (all ages) Fri: 11:30 am-12:30 pm (all ages) Sun: 3:15-4:15 pm (12-under), 4:30-5:30 pm (13+)
NATATORIUM	Adult Lap Swimming and Water Walking open to Members Only ages 16 in 50-Meter Pool	Availability subject to change due to programming/special events Check online for Adult Lap Lanes and Water Walking schedule
PICKLEBALL	<ul style="list-style-type: none"> • Rec-Plex South: Courts 2-3 • Members Only: Bring your own paddle 	Courts 2-3: MON/WED/FRI , 8 am-noon; TUE/TH , 6:30 a.m.-noon UNAVAILABLE ON JAN. 1
REC-PLEX SOUTH RENTALS	<ul style="list-style-type: none"> • Ice Rentals: Call 636-939-2386, ext. 1607 • Gym Rentals: Call 636-939-2386, ext. 1609 	Call for available times
CLASSES	Ice/Fitness/Aquatics <ul style="list-style-type: none"> • Open to Members, Gold+, & Public Search classes and register now! 	Class times vary

* JANUARY SCHEDULE CHANGES

HOLIDAY HOURS:

REC-PLEX OPEN 1-5 PM ON JAN. 1

ICE SKATING

New Year's Day, Jan. 1: ONLY public sessions from 1-2:45 pm & 3:15-5 pm
 Martin Luther King Jr. Day, Jan. 18: Morning public sessions extended 9-10:45 am & 11:15 am-1 pm

BASKETBALL, VOLLEYBALL, TOT DROP and YOUTH FITNESS ROOM Currently Unavailable

PLEASE NOTE: Adult Locker Rooms and some shower stalls are available, but steam & sauna are unavailable. Natatorium Hot Tub is unavailable. Towels and locks are not available. Please bring your own towels and locks.