

REC-PLEX SCHEDULE: MARCH 2021

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Rev. 3-02-21



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 • Active Older Adults meet in Upper Aerobics Room: Visit Front Desk to reserve your spot in class • Free member Group Aerobics classes require advance registration on a monthly basis 	See Members Only group fitness class descriptions and times online on the Rec-Plex calendar page
ICE PROGRAMS PLEASE NOTE: • Registration is available through REC-CONNECT . We offer a \$10 discount for pre-registration up to 2 days before class starts. Some classes require ISI membership (please verify your membership renewal date). • Adult Drop-in Hockey is unavailable at this time.	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 FRIDAY-SUNDAY SESSION HOURS VARY IN MARCH: Check for ice session availability and register thru REC-CONNECT Flex Registration
NATATORIUM	Adult Lap Swimming and Water Walking open to Members Only ages 16+ in 50-Meter Pool March 6: Leisure Pool, Slide & Diving Boards RE-OPEN to Members Only on Weekends.	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 	MON/WED/FRI , 8 am-noon; TUE/THU , 6:30 am-noon
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 & Public Search classes and register now! 	Call for available times
OPEN BASKETBALL & VOLLEYBALL	<ul style="list-style-type: none"> • Members Only • Bring your own ball • No registration required 	Basketball: MON-THU , 11 am-5 pm; FRI , 11 am-7 pm; SAT , noon-7 pm; SUN , 10 am-6 pm Volleyball: SAT , 7 am-noon

TOT DROP and YOUTH FITNESS ROOM Currently Unavailable

PLEASE NOTE: Locker Rooms and showers 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.