

# September

**AOA Classes: first come, first serve  
Max capacity - 11**

(pick up card at the front desk)

## 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	Bootcamp	Michelle	Gymnasium
	9:00 AM	Active Older Adult Strength*	Karen	Youth Room
	9:45 AM	Active Older Adult Strength*	Karen	Youth Room
	9:45 AM	Barre Fusion	Rachel	Gymnasium
	5:45 PM	Bootcamp	Alison	Gymnasium
	7:00 PM	Piyo	Laurie	Gymnasium
Wednesday	5:45 AM	Cardio - Strength Intervals	Kelly	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.)	Karen	Gymnasium
	6:15 PM	Core De Force	Michelle	Gymnasium
Thursday	8:30 AM	Core de Force	Michelle	Gymnasium
	9:00 AM	Active Older Adult Strength*	Karen	Youth Room
	9:45 AM	Active Older Adult Strength*	Karen	Youth Room
	9:45am	Bootcamp	Michelle	Gymnasium
	6:00 PM	Zumba	Rachel	Gymnasium
Friday	5:45 AM	Cardio - Strength Intervals	Deb	Gymnasium
	8:45 AM	Zumba	Rachel	Gymnasium
	9:45 AM	Core De Force	Michelle	Gymnasium



**No classes on  
Labor Day**



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"

# Group Aerobics Class Descriptions

## ACTIVE OLDER ADULT FLEXIBILITY AND BALANCE

This class focuses on balance and self-awareness so you can continue to stay on your feet, free from falls and injury. Ideal for SilverSneakers® members!

## ACTIVE OLDER ADULT STRENGTH

Improve and maintain the strength in your muscles so that you can stay on the move and maintain an active lifestyle. Ideal for SilverSneakers® members!

## ACTIVE OLDER ADULT STRETCHING

Improve your flexibility! Help avoid injuries! Take this 30-minute class for a variety of stretches—from your neck to your toes! Ideal for SilverSneakers® members!

## BARRE FUSION

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

## BOOTCAMP

This 60-minute class incorporates functional strengthening moves using body weight, resistance bands and weights along with brief bursts of cardiovascular exercise in a boot camp-style format that is sure to motivate participants to take their fitness to the next level.

## CARDIO - STRENGTH INTERVALS

Get ready to work! Experience the effectiveness of interspersing bouts of cardio moves with periods of lower intensity strength moves. Interval training is a great way to ramp up your typical total body workout. Great for all fitness levels.

## CORE DE FORCE/ MMA CONDITIONING

Core De Force and MMA Conditioning workouts are broken into 3 minute rounds – just like a real boxing match. For 3 minutes, you'll attack boxing, kickboxing, and Muay Thai combinations. Body-weight moves and a fat-blasting cardio spike in every round. All you've got to do is take each round 3 minutes at a time.

## PIYO

It's the perfect fusion of strength building, rhythmic movement and power with a foundation in Pilates and yoga that burns calories while transforming your body. It includes modifications so everyone can participate, but also offers progressions to challenge the more advanced student. Beginning and advanced students will see

## Total Body HIIT

Cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, it allows the participants to increase in intensity at their pace building up to higher intensity training, resulting in more calories burned, faster results, and a more efficient metabolism.

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## ZUMBA

An aerobic workout that fuses Latin rhythms and tantalizing moves to create a dynamic and energizing class. This class is designed to be fun and easy for everyone.

