



# Fall 2021 Leisure Line Online Aqua Aerobics

Leisure Line online at [www.stpetersmo.net/classes](http://www.stpetersmo.net/classes) • REVISED 7-14-21

## Advanced Aqua Aerobics:

This class offers a pace geared for a more strenuous cardiovascular workout & strength training geared toward specific muscle groups. It is highly recommended that all participants wear some type of aqua shoe to protect your feet while exercising. **Max Enrollment: 20**

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
A884	9/8-9/29	M,W	6:00pm-6:50pm	RPX	\$31.50/\$45.50
A885	9/9-9/30	Tu,Th	6:00pm-6:50pm	RPX	\$31.50/\$45.50
A886	9/9-9/30	Tu,Th	7:00pm-7:50pm	RPX	\$31.50/\$45.50
A887	10/4-10/27	M,W	6:00pm-6:50pm	RPX	\$36/\$52
A888	10/5-10/28	Tu,Th	6:00pm-6:50pm	RPX	\$36/\$52
A889	10/5-10/28	Tu,Th	7:00pm-7:50pm	RPX	\$36/\$52

## Aqua Cardio Combo:

This class is an excellent choice for all levels. This class will encompass all facets of aqua aerobics - everything from beginner to advanced.

**Max Enrollment: 20**

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
A896	9/7-9/30	Tu,Th	7:00am-7:50am	RPX	\$36/\$52
A897	10/5-10/28	Tu,Th	7:00am-7:50am	RPX	\$36/\$52

## Warm Water Aqua Aerobics:

This class is designed to integrate strength, stretching, balance, and cardio exercises at a slower pace in the warm water leisure pool. Various sizes of noodles, gloves, and bands are utilized. Class is designed to improve joint flexibility, cardio vascular endurance, and movement. Participants determine their own level of exercise intensity and ability. **Max Enrollment: 15**

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
A900	9/7-9/30	Tu,Th	8:00am-8:50am	RPX	\$36/\$52
A901	10/5-10/28	Tu,Th	8:00am-8:50am	RPX	\$36/\$52
A904	9/7-9/30	Tu,Th	10:00am-10:50am	RPX	\$36/\$52
A905	10/5-10/28	Tu,Th	10:00am-10:50am	RPX	\$36/\$52

## Aqua Aerobics 4-Everyone:

A great choice for anyone wanting to participate in aqua aerobics, this class features exercises from ALL levels of aqua aerobics. It is highly recommended that all participants wear some type of aqua shoe or other shoe that is comfortable in the water to protect your feet while exercising. **Max Enrollment: 20**

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
A908	9/8-9/29	M,W	8:00am-8:50am	RPX	\$31.50/\$45.50
A909	10/4-10/27	M,W	8:00am-8:50am	RPX	\$36/\$52
A912	9/7-9/30	Tu,Th	9:00am-9:50am	RPX	\$36/\$52
A913	10/5-10/28	Tu,Th	9:00am-9:50am	RPX	\$36/\$52

## Deep Water Aqua Aerobics:

This class will benefit individuals who are comfortable in the water whether beginner or advanced. With the assistance of a flotation device, this class gives a total body workout, while strengthening core muscles. Class takes place in 8 feet+ deep water.

**Max Enrollment: 20**

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
A916	9/8-9/29	M,W	9:00am-9:50am	RPX	\$31.50/\$45.50
A917	10/4-10/27	M,W	9:00am-9:50am	RPX	\$36/\$52