



Fall 2021 Leisure Line Online Fitness & Recreation

Leisure Line online at www.stpetersmo.net/classes • REVISED 8-23-21

The St. Peters Rec-Plex offers a variety of fitness classes for ALL ages to help you get fit and stay healthy!

NEW as of September 2021:

Rec-Plex members now get 30% OFF our fitness classes.

Fitness Drop-In Fee: \$12.00

Interested in trying a fitness class but not ready to commit? All fitness classes are currently drop-in eligible. Stop by the Front Desk to pay for a \$12.00 fitness drop-in. Once paid, take the receipt and hand it to the instructor at the beginning of class.

Chair Yoga with Strength:

Chair Yoga with strength training is a gentle beginner's yoga class is all done in a chair. We will be stretching and strengthening most of the major muscles in you upper and lower body in a thorough and effective way. The class will start with Yoga poses and then move to hand weights. After engaging the major muscles in your body the class will end with a cool down.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NO N
F814	9/13-9/27	Mon	10:30am-11:15am	SOUTH	\$22/\$33
F815	10/4-10/25	Mon	10:30am-11:15am	SOUTH	\$30/\$44

Fitness Equipment 101:

Not sure what the weight room equipment does or how to use it? This 1-hour class is designed for new participants and current members who want to learn the basics in the weight room and the cardio room. This class covers the general operations of the machines, including technique and set up. We also cover safe and correct use of the cardio room, including treadmills, stair climber, Jacob's Ladder, and elliptical.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F802	9/4	Sat	8:00am-9:00am	RPX	FREE/\$30
F803	10/2	Sat	8:00am-9:00am	RPX	FREE/\$30

Triple Threat:

Triple Threat is a 1 hour full body workout spilt into 3 sections. 30 minutes of cardio on the spin bike. Off the bike you will have 15 minutes of strength conditioning, and then 15 minutes of core work. Get Ready to have fun while burning those calories!

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F822	9/1-9/29	Wed	6:00pm-7:00pm	RPX	\$28/\$40
F823	10/6-10/27	Wed	6:00pm-7:00pm	RPX	\$22/\$32
F826	9/13-9/27	Mon	6:45pm-7:45pm	RPX	\$18/\$29
F827	10/4-10/25	Mon	6:45pm-7:45pm	RPX	\$22/\$32

RPX Cycling:

Experience the high energy and excitement of Rec-Plex Xtreme Indoor Cycling. RPX Cycling is a 50 to 60-minute indoor cycling program that burns calories and gives you a great cardio workout. Your coach will lead you up hills, flats, and mountain peaks all to the beat of high-intensity music. The Keiser M3i bikes will give ongoing feedback on your progress and let you control the speed and resistance. Drop-ins are allowed on a 'space available' basis.

Rules of the Road:

- Plan to arrive 15 minutes prior to the start of the class for proper bike set up.
- Bring a towel and water bottle for each class.
- Heart rate monitors, stiff-soled shoes or cycling shoes, gel seats, and bike pants are recommended.
- Please wear a different pair of shoes to class if changing into cycling shoes.
- Notify the trainer of any injuries.

Drop-ins are allowed on a space-available basis. Contact the Rec-Plex for schedule changes, information on drop-in fees, and class availability.

ALL REGISTERED PARTICIPANTS MUST ARRIVE AT LEAST 5 MINUTES BEFORE CLASS BEGINS TO GUARANTEE THEY HAVE A BIKE.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F794	9/7-9/28	Tue	5:30am-6:30am	RPX	\$22/\$32
F795	10/5-10/26	Tue	5:30am-6:30am	RPX	\$22/\$32
F798	9/7-9/28	Tue	9:15am-10:15am	RPX	\$22/\$32
F799	10/5-10/26	Tue	9:15am-10:15am	RPX	\$22/\$32
F810	9/2-9/30	Thu	8:00am-8:50am	RPX	\$28/\$40
F811	10/7-10/28	Thu	8:00am-8:50am	RPX	\$22/\$32

HIIT 45 Spin:

Are you looking for something different? Do you want to be challenged, and motivated, with good music and still have FUN? Well then, this is the class for you! HIIT-45 is a 45 minute high intensity class that has a mixture of spinning and circuit training. This class consists of timed interval spinning on a spin bike and timed fast pace circuit training. Circuit training exercises may include tires, sandbags, weights, med balls, kettlebells, bosu, ropes, resistance bands and so much more. This is a heart pumping class that will leave you feeling awesome and accomplished! Must have athletic shoes to allow on and off the bike exercises.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F850	9/7-9/28	Tue	5:00pm-5:45pm	RPX	\$27/\$39
F851	10/5-10/26	Tue	5:00pm-5:45pm	RPX	\$27/\$39

Superset Saturday:

Weekend warriors who want to learn how to lift weights, get stronger and tone, this is the group for you! Class is a small group format led by a certified personal trainer. This is a non-judgmental, non-intimidating way to start or advance your strength training. Join a fun group of like-minded men and women for 1-hour of strength and cardio circuits.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F846	9/11 & 9/18	Sat	8:00am-9:00am	RPX	\$15/\$22
F847	10/9 & 10/23	Sat	8:00am-9:00am	RPX	\$15/\$22



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Circuit Training:

Whether your goal is to lose weight, get healthy, or just get in shape, this training session is for you! This class is a small-group format led by a qualified trainer. This is a non-judgmental, non-intimidating way to start or advance your strength training. You'll take part in a circuit program that incorporates cardio, weights, battle ropes, bosu balls, sleds, tires, deadlifts, resistance bands, box jumps, TRX bands, and MORE. These physical activities will get your heart rate up and burn calories! Come join a fun group of like-minded men and women for a session of strength and cardio circuit training.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F830	9/8-9/29	M,W	4:55pm-5:45pm	RPX	\$53/\$77
F831	10/4-10/27	M,W	4:55pm-5:45pm	RPX	\$61/\$88

Yoga (Hatha):

Hatha-style yoga tightens and tones the entire body, enhances flexibility and builds core strength by combining traditional fitness training, focused breathing and strength building through yoga poses. This yoga style is for people of all ages and fitness levels who want to ease into yoga. The focus will be on form, control and relaxation. Modifications will be made to suit any individual. Minimum 6 students, maximum 20 students. 45-minute class.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F806	9/7-9/28	Tue	10:30am-11:30am	SOUTH	\$30/\$44
F807	10/5-10/26	Tue	10:30am-11:30am	SOUTH	\$30/\$44

Beginner Yoga:

This class is designed as an introduction to the practice of yoga. Class is slower paced, and focused on developing clear and safe alignment in foundational poses. Standing, balance and seated postures will be offered. The instructor will offer clear direction and plenty of modification options, including the use of props. All levels are welcome!

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F834	9/13-9/27	Mon	9:30am-10:30am	SOUTH	\$22/\$33
F835	10/4-10/25	Mon	9:30am-10:30am	SOUTH	\$30/\$44

Yoga (Stretch & Flexibility):

Yoga Stretch and Flexibility is a 1 hour class for everyone! With a regular yoga practice and lots of patience, yoga students can open tight hips, increase shoulder flexibility, and loosen up tight muscles fairly easily. Class will also include Sun Salutations to warm up muscles prior to deeper stretching poses.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F838	9/1-9/29	Wed	7:10pm-8:10pm	RPX	\$42/\$61
F839	10/6-10/27	Wed	7:10pm-8:10pm	RPX	\$30/\$44
F842	9/2-9/30	Thu	10:00am-11:00am	SOUTH	\$38/\$55
F843	10/7-10/28	Thu	10:00am-11:00am	SOUTH	\$30/\$44

Deep Stretch Yoga:

This class is for all levels with the intention of allowing muscles to relax and lengthen. Deep stretch yoga is a great way to boost flexibility when tight muscles cause discomfort or constrain movement. This class is focused predominately on stretching and releasing tight muscles and tendons. Deep stretch yoga also takes strain off of the skeletal system, flowing through poses slowly and allowing you to become more aware and mindful of your body.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F854	9/3-9/24	Fri	9:30am-10:30am	SOUTH	\$30/\$44
F855	10/1-10/29	Fri	9:30am-10:30am	SOUTH	\$30/\$44

Youth Fitness Permit:

Participants, ages 12 through 15, can gain access to the Rec-Plex weight room, track, and cardio room by completing this class. A fitness professional will instruct you in a general overview of our workout areas while stressing proper form, use of equipment, and gym etiquette. The class will cover some workout scenarios - Individualized workout plans should be designed in a follow-up one-on-one personal training session. Attendance at both classes is required.

1. Students ages 12 & 13 **MUST** have a parent accompany them during class and when working out at the Rec-Plex. (The parent does not pay to attend the course).
2. Students ages 14 & 15 may attend class on their own, and then have the privilege of using the fitness areas without a parent, although adult supervision is recommended.
3. This is a revocable privilege and fitness area usage may be suspended if improper or unsafe behavior is observed.
4. A fitness card will be issued upon completion of the course. Card must be shown on request.

CLASS:	DATES:	DAYS:	TIME:	AT:	PASS/NON
F790	9/7-9/9	T/Th	6:00pm-7:30pm	RPX	\$32/\$64
F791	10/5-10/7	T/Th	6:00pm-7:30pm	RPX	\$32/\$64



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Men's Adult Softball:

Men's RECREATIONAL Doubleheader Softball Leagues are forming now! All games will be played on City Centre Diamonds #19 and #20. The league format will be a 12-game season (6 weeks) with two games a night for each team. Depending on the league size, each team will have at least one playoff game. Fees for the league include game balls, USSSA membership, score book and at least one umpire. There will be no refunds after the league schedule is set. Minimum of 4 teams required. All players must be 18 or over. If necessary, we may schedule make-up games on an alternative night. Registration closes 1 week prior to start date.

CLASS:	DATES:	DAYS:	TIME:	AT:	PRICE:
R785	8/24-10/26	Tue	6:15pm-10:30pm	City Centre	\$520
R786	9/1-11/3	Wed	6:15pm-10:30pm	City Centre	\$520

Fast Pitch Softball Pitching Clinic:

Want to improve your mechanics or just learn how to properly pitch a softball? In this clinic, instructors emphasize basic throwing mechanics using the windmill motion including balance, proper arm path, and proper follow-through. Class meets indoors at Sports Center for 30 minutes each week with a strict 4:1 (students to instructor) ratio.

For beginning students, skills are applied to learn how to throw the fastball and changeup pitches. Fundamental pitching mechanics are stressed and each pitcher is allowed to develop at their own pace. Intermediate and advanced students will build on those skills.

Students are expected to provide their own catcher and bring a glove and tennis shoes (no black-sole shoes will be allowed). Classes are taught by Brittany Sitton. She has at least 20 years of experience!

CLASS:	DATES:	DAY:	TIME:	AT:	PRICE:
R700	10/4-12/13	Mon	5:30pm-6:00pm	Sports Center	\$125
R701	10/4-12/13	Mon	6:00pm-6:30pm	Sports Center	\$125
R702	10/4-12/13	Mon	6:30pm-7:00pm	Sports Center	\$125
R703	10/4-12/13	Mon	7:00pm-7:30pm	Sports Center	\$125
R704	10/4-12/13	Mon	7:30pm-8:00pm	Sports Center	\$125
R705	10/4-12/13	Mon	8:00pm-8:30pm	Sports Center	\$125
R706	10/5-12/14	Tue	5:30pm-6:00pm	Sports Center	\$125
R707	10/5-12/14	Tue	6:00pm-6:30pm	Sports Center	\$125
R708	10/5-12/14	Tue	6:30pm-7:00pm	Sports Center	\$125
R709	10/5-12/14	Tue	7:00pm-7:30pm	Sports Center	\$125
R710	10/5-12/14	Tue	7:30pm-8:00pm	Sports Center	\$125
R711	10/5-12/14	Tue	8:00pm-8:30pm	Sports Center	\$125
R712	10/7-12/16	Thu	5:30pm-6:00pm	Sports Center	\$125
R713	10/7-12/16	Thu	6:00pm-6:30pm	Sports Center	\$125
R714	10/7-12/16	Thu	6:30pm-7:00pm	Sports Center	\$125
R715	10/7-12/16	Thu	7:00pm-7:30pm	Sports Center	\$125
R716	10/7-12/16	Thu	7:30pm-8:00pm	Sports Center	\$125
R717	10/7-12/16	Thu	8:00pm-8:30pm	Sports Center	\$125