

# GROUP EXERCISE CLASSES AT THE LODGE DES PERES

WINTER SESSION: JANUARY 3 - MARCH 18

Registration Dates: Member/Resident = November 28; Non-Resident = November 30

See reverse side for 3 convenient payment options!

**\*\*\*NEW\*\*\***  
Refer a Friend  
Wet-N-Sweat  
promotion  
See back for details



LAND EXERCISE (6 - 11AM)					LAND EXERCISE (11AM - 8PM)					WATER EXERCISE (ALL DAY)							
<b>MONDAY (8 weeks, No Class January 16 &amp; February 20)</b>																	
5:45	6:40AM	#2944	Boot Camp	Emily W.	GX	11:00	11:55AM	#2952	Barre	Laura P.	GX	9:00	10:00AM	#3025	Forever Young	Cheryl M.	IP
7:00	7:55AM	#2948	Cycling	Emily W.	GX	12:00	12:55PM	#2954	Strength & Cycle	Laura P.	GX	10:00	11:00AM	#3027	Into the Deep	Cheryl M.	IP
8:00	8:55AM	#2949	Group Strength	Hal G.	GX	1:00	1:55PM	#2955	Yoga	Denise M.	GX						
9:00	9:55AM	#2950	Zumba ®	Amy D.	GX	5:30	6:25PM	#2956	Group Strength	Cynthia S.	GX						
9:15	10:10AM	#2951	Basic Training	Stephen W.	GM	7:00	7:55PM	#2957	Zumba ®	Nicki H.	GX						
10:00	10:55AM	#2958	Body Toning	Cynthia S.	GX												
<b>TUESDAY (11 weeks)</b>																	
5:45	6:40AM	#2959	Cycling	Emily W.	GX	11:00	11:55AM	#2965	PiYo™	Artie H.	GX	8:30	9:30AM	#3034	HydroTone	Sandy C.	IP
6:00	6:55AM	#2960	Boot Camp	Katie S.	GM	12:00	12:55PM	#2966	Cycling	Christy D.	GX	9:30	10:30AM	#3035	Aqua Motion	Diane D.	IP
6:45	7:40AM	#2961	Yoga	Michelle W.	AR	1:00	1:55PM	#2967	Fit For Life	Christy D.	GX	6:30	7:30PM	#3038	Water Combo Crazy	Mary N.	IP
8:00	8:55AM	#2962	Boot Camp	Cynthia S.	GX	5:30	6:25PM	#2968	Yoga for EveryBODY	Hal G.	GX						
9:00	9:55AM	#2963	Kick & HIIT	Michelle M.	GX	6:30	7:25PM	#2969	Zumba ®	Jenny W.	GX						
10:00	10:55AM	#2964	Zumba ®	Mimi S.	GX												
<b>WEDNESDAY (11 weeks)</b>																	
5:45	6:40AM	#2970	Boot Camp	Christy D.	GX	11:00	11:55AM	#2988	Barre	Laura P.	GX	9:00	10:00AM	#3026	Forever Young	Jen. F.	IP
7:00	7:55AM	#2972	Cycling	Christy D.	GX	5:30	6:25PM	#2989	Group Strength	Katie/Emily	GX	10:00	11:00AM	#3031	Into the Deep	Jen F.	IP
8:00	8:55AM	#2984	Group Strength	Hal G.	GX	6:30	7:25PM	#2990	Zumba ®	Kathryn B.	GX	5:30	6:30PM	#3149	Into the Deep	Coco B.	IP
9:00	9:55AM	#2985	Yoga for EveryBODY	Hal G.	GX							7:30	8:30PM	#3039	Aqua Zumba	Mary N.	IP
9:15	10:10AM	#2986	Basic Training	Stephen W.	GM												
10:00	10:55AM	#2987	Group Strength	Laura P.	GX												
<b>THURSDAY (11 weeks)</b>																	
5:45	6:40AM	#2991	Cycling	Lezlie B.	GX	11:00	11:55AM	#2998	Piloxing	Artie H.	GX	8:30	9:30AM	#3105	HydroTone	Sandy C.	IP
6:00	6:55AM	#2992	Boot Camp	Katie S.	GM	12:00	12:55PM	#2999	Cycling	Christy D.	GX	9:30	10:30AM	#3036	Aqua Motion	Carol B.	IP
6:45	7:40AM	#2994	Yoga	Michelle W.	GX	1:00	1:55PM	#3000	Fit For Life	Christy D.	GX	6:30	7:30PM	#3037	Water Combo Crazy	Mary N.	IP
8:00	8:55AM	#2995	Boot Camp	Cynthia S.	GX	5:30	6:25PM	#3001	Barre	Cathy G.	GX						
9:00	9:55AM	#2996	Zumba ®	Amy D.	GX	6:30	7:25PM	#3002	Zumba ®	Jenny W.	GX						
10:00	10:55AM	#2997	Balance & Strength	Debbie H.	GX												
<b>FRIDAY (11 weeks)</b>																	
7:00	7:55AM	#3003	Cycling	Emily W.	GX						9:00	10:00AM	#3106	Forever Young	Cheryl B.	IP	
8:00	8:55AM	#3004	Group Strength	Cynthia S.	GX						10:00	11:00AM	#3032	Into the Deep	Christi G.	IP	
8:00	8:55AM	#3005	Low Impact	Susan G.	AR												
9:00	9:55AM	#3007	Step Interval	Michelle M.	GX												
9:15	10:10AM	#3008	Basic Training	Stephen W.	GM												
<b>SATURDAY (11 weeks)</b>																	
8:00	8:55AM	#3011	Cycling	Joy K.	GX	11:00	11:55AM	#3014	Barre	Rebecca J.	GX	8:30	9:30AM	#3033	Into the Deep	Natalie O.	IP
9:00	9:55AM	#3012	Yoga for EveryBODY	Hal G.	GX												
10:00	10:55AM	#3013	Zumba ®	Gina C/ Mariette B.	GX												

## CLASS PAYMENT OPTIONS

### 3 WAYS TO PARTICIPATE IN GROUP EXERCISE CLASS

- REGISTER FOR A CLASS: 8-WEEK REGISTRATION FEE = \$48/Member; \$50/Resident; \$58/Non-Resident** (cost per class \$6.00/M; \$6.25/R; \$7.25/NR)  
**11-WEEK REGISTRATION FEE = \$66/Member; \$69/Resident; \$80/Non-Resident**

Pick a specific class and register for the entire session. This option reserves you a spot in the class and is the most economical. Plan to arrive at least five minutes prior to the class start time or call 314.835.6150 so we do not sell your spot. Registrants get a **FREE** make-up pass added to their account to use for a missed class during the session or to try a different class. Passes are added on to your account by the end of the second week of the session. Registrants also receive notification when classes are cancelled due to instructor availability.

- PURCHASE A WET-N-SWEAT CARD: \$130/Member; \$135/Resident; \$160/Non-Resident** (cost per class \$6.50/M; \$6.75/R; \$8.00/NR)

Includes 20 visits giving participants flexibility to attend any class on the group ex schedule. Cards are good for one year or until all visits are used - whichever comes first - and can only be used for classes listed on this schedule. Classes listed as registration only do not accept the Wet-N-Sweat Pass. This option offers a slight discount to daily admission but does not reserve a spot.

- PURCHASE A DAILY PASS: \$7/ Member; \$7/Resident; \$9/Non-Resident**

Pay the daily fee to take a class when space is available. This option does not reserve a spot in class (only registering for a class reserves a spot).

## CLASS DESCRIPTIONS

Classes are suitable for ALL levels. Modifications will be given to make the class challenging for all fitness levels.

### LAND EXERCISE

**Balance & Strength** - Use BOSU balls to integrate balance which is the foundation of all movement. Class focuses on balance while incorporating some light strengthening exercises.

**Barre Class** - This class is inspired by ballet, yoga and pilates techniques which will leave you feeling stronger, longer, sculpted and more energized.

**Basic Training** - This class will consist of speed and endurance drills, plyometrics and body weight exercises. This class is intense, full of energy and a great combination of cardio and strength. Class takes place in the Gymnasium regularly with trainer option to go outside..

**Body Toning** - This class is just what you need if looking to better focus your strength and toning workouts. Instead of trying to fit in a whole body workout in 50 min, this class will focus on core and upper body one week and core and lower body the next.

**Boot Camp** - This class is just what you need before work! Includes strength training, cardio, plyometrics, and circuits to get your heart rate up and into that Fat Burning Zone so you can get the best results where the after burn is up to 2 hours after class! Class trainer has the option to go outside..

**Cycling** - Plan to develop cardiovascular fitness, endurance, and efficiency as we climb hills, race the flats, and work our hearts and muscles. Choose your speed, resistance and terrain as our instructors provide safety, variety and motivation guaranteed to "keep you moving."

**Cycle & Core** - Join us for a cardiovascular ride of hills, and flats. Choose your speed and resistance to make it your workout! Then stick around for core strengthening after our ride.

**Fit For Life** - Fit For Life is a class designed to strengthen muscles and bones with a mix of aerobics, balance, and strength training. Great for those with osteoporosis and a variety of fitness levels.

**Foam Rolling** - Foam rolling is the perfect mid-day class to stretch the body, roll out tension, and relax the mind through breathing and holding poses. This relaxing session will invigorate you and center you for the rest of your afternoon! (All levels)

**Group Strength** - Weight Training is essential in any complete fitness regimen. This class will strengthen your muscles and lift your spirit.

**Kick and HIIT** - Kick your way into better health with this cardio and high intense interval training class. Circuits will bring your heart rate up and down with various plyometric, agility, strength, and endurance exercises which will lead to muscle toning and high calorie burn. This class is for those who are moderate to advance fitness levels looking to change up their workout routine.

**Low Impact** - Achieve an active, energetic lifestyle no matter what your age. Be strong, flexible and balanced through the use of free weights, body weight exercises and cardiovascular endurance.. Low intensity.

**Piloxing** - This class mixes Pilates and boxing moves into a fat torching, muscle sculpting, core-centric interval workout, guaranteed to whip you into shape, using a class format that's both fun and challenging.

**PiYo™** - Combines Yoga Poses with Pilates mat exercises to build CORE strength and enhance agility and balance. PiYo™ is a faster paced class than Gentle Yoga and provides a moderately challenging workout similar to Vinyasa (Flow Style)

**Step Interval** - Enjoy a variety of steps with strength intervals throughout the class.

**Strength & Cycle** - This class incorporates strength training in addition to a spinning ride. A well balanced fitness regimen includes both strength and cardio.

**Yoga** - Yoga is a wonderful way to stretch, tone and relax the body. Increase flexibility as you strengthen and lengthen your body.

**Yoga for EveryBODY** - Beginning mat work with focus on yoga poses. Practice concentration on breathing and motion, strength and relaxation.

**Zumba®** - This class focuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout .

**Zumba® Kids**

Visit our website or activity guide for program details.

### WATER EXERCISE

**Aqua Motion** - A low to medium intensity workout for those looking for great exercise as well as improved range of motion and flexibility.

**Aqua Zumba®** - This course is the 'pool party' workout. You'll learn effective and challenging water-based workouts that integrate the Zumba formula and philosophy into traditional water fitness.

**Forever Young** - Good for those who want to maintain their current level of fitness well into the later years of your life. All moves will have both medium and lower intensity capabilities.

**HydroTone** - A varying format to challenge every muscle group using both deep and shallow water Moderate to high intensity.

**Into the Deep** - Held in the deep end of the wave pool, this class will focus on the core muscle groups in your abdomen, hips, thighs and underarms.

**Water Combo Crazy** - This class utilizes a combination of shallow and deep water to maximize the benefits of your workout. The focus will be building strength and endurance while giving you a great cardio workout.



### WET-N-SWEAT Refer a Friend

Receive one **FREE** punch to your Wet-N-Sweat card when your friend purchases their first-time Wet-N-Sweat punch card (at The Lodge front desk or online). They will be prompted to add a referral name at the time of registration. The more new referrals, the more free classes you get! There is **NO LIMIT** on how many punches you can earn. *This promotion is for new Wet-N-Sweat clients only who are referred by someone with an active Wet-N-Sweat punch card. This offer is for a limited time only.*

## LOCATIONS/REGISTRATION

### The Lodge Des Peres

1050 Des Peres Road

Des Peres, MO 63131

[www.TheLodgeDesPeres.com](http://www.TheLodgeDesPeres.com)

(Register Online)

314.835.6150 (Registration by phone)

314.835.6138 (Inclement Weather)

Group Exercise Studio = GX

Indoor Pool = IP Activity Room = AR

Party Room = PR Gymnasium = GM

*This schedule is subject to change at the supervisor's discretion.*

### AFFORDABLE TOT CARE AVAILABLE!

Drop off your children in Tot Care while you exercise at The Lodge. Lodge staff will entertain and supervise your children in a controlled and fun environment. Tot Care is for children ages 3 months - 8 years. You must reserve your spot in morning Tot Care. Space is limited, so make your reservation early! If space is available, we accept daily visits on a first-come, first-serve basis. Parents have the option of reserving a one or two hour visit in Tot Care. The cost is \$2/hour for the first child in the family; \$1/hour for the second child in the same family (maximum 2-hour visit). A late fee will be assessed if the visit is extended. Please see our activity guide for full details on our Tot Care policies.

#### Annual Pass

\$250- One child in family

\$350 - Two children in family

#### Tot Care Hours

Monday-Saturday Mornings: 8 a.m. - 12:30 p.m.

Monday-Thursday Evenings: 4 - 8 p.m.

*\*Hours are subject to change, and all changes will be posted at the Front Desk and Tot Care Room.*



Schedule Updated 11/22/16