

**Winter 2016-2017 – Morning and Evening Water Classes &
Tricia's Gym Classes**

****Pay As You Go Schedule****

NOTE: Classes subject to cancellation due to weather conditions or low attendance. Please call each day to find out if we will be running classes - 314-867-0700.

Resident Fee Per Class: \$3.00

Resident Punch Card: \$15.00 (6 punches/classes)

Non-Resident Fee Per Class: \$3.50

Non-Resident Punch Card: \$17.50 (6 punches/classes)

Mon 12/5

4:45pm Chair Aerobics

5:45pm Core & Strength (bring hand weights)

6:45pm Water Aerobics

7:30pm Deep Water

Thurs 12/8

3:45pm Chair Aerobics

4:45pm Water Walking

5:45pm Chair Aerobics

6:45pm Water Aerobics

Fri 12/9

10:30am Aqua Fitness (Martha)

3:45pm Chair Aerobics

4:45pm Water Toning

Mon 12/12

4:45pm Chair Aerobics

5:45pm Core & Strength (bring hand weights)

6:45pm Water Aerobics

7:30pm Deep Water

Tues 12/13

3:45pm Chair Aerobics/Stretching

4:45pm Water Toning

5:30pm Water Aerobics

Wed 12/14

10:00am Aqua Fitness (Martha)

3:30pm Chair Aerobics/Balance

4:45pm Water Walking

5:30pm Water Aerobics

Mon 12/19

4:45pm Chair Aerobics

5:45pm Core & Strength (bring hand weights)

6:45pm Water Aerobics

7:30pm Deep Water

Thurs 12/29

3:45pm Chair Aerobics/Balance

4:45pm Water Toning

5:30pm Water Aerobics

6:15pm Deep Water

Tues 1/3

4:00pm Chair Aerobics

5:00pm Water Toning

5:45pm Water Aerobics

6:30pm Deep Water

Thurs 1/5

4:45pm Chair Aerobics/Balance

6:00pm Water Walking

6:45pm Water Aerobics

Fri 1/6

10:30am Aqua Fitness (Martha)

3:45pm Chair Aerobics

4:45pm Water Toning

Sat 1/7

9:05am Chair Aerobics

10:00am Water Aerobics

10:45am Water Toning

Fri 1/20

4:45pm Water Toning

*****Registration for the winter session is in progress. Session begins January 9, 2017.*****

*****During inclement weather, please call the recreation center at 867-0700 to make sure we will be having class.*****