



Summer 2020 Class Schedule

Registration closes 7/28

Please call (314) 739-5599 for more information or to register; registrations are also accepted in-person at the Bridgeton Recreation Center. Please note: until 8/3, BRC hours are M-F 5:30-10 a.m. and 4-8 p.m.; Sat. & Sun. 10 a.m.- 3 p.m. Regular hours will resume 8/3.

Land-based Fitness Classes

Classes will have limited enrollment, and instructors are required to wear masks. Participants are encouraged, but not required to wear a mask while exercising. All class equipment will be sanitized prior to each class, and will not be shared. Please bring your own Yoga mat for any classes that require mats. PLEASE PRE-REGISTER! Classes typically have a minimum enrollment of 6 participants; minimum must be met by 7/28 or the class may be cancelled.

Specialty Classes

T'ai Chi

Intensity: Low

The blend of the Chinese martial art of T'ai Chi Chuan with modern movement basics. Movements are low impact, rhythmic, and organized moving meditations to easy listening music. Great for stress reduction and older adults. Instructor = Tom

Mondays 10-11 a.m.

Section	Start Date	End Date
2315.M2	8/3	9/7

Fees

M - \$42
R - \$48
NR - \$54

Qigong

Intensity: Low

Qigong translates as "internal energy work or skill," and refers to a broad range of gentle, mind/body/spirit integrative exercises that include dynamic movement, standing, sitting, and breath work. This class is perfect for stress reduction, beginners, and older adults. Instructor = Tom

Tuesdays 10-11 a.m.

Section	Start Date	End Date
2335.T2	8/4	9/8

Fees

M - \$42
R - \$48
NR - \$54

Stand and Sit Fit

Intensity: Low

This class provides seated and standing exercises and stretches that are gentle on joints, while working to build strength and flexibility. Instructor = Judy

Tuesdays 11:15 a.m.-12 p.m.

Section	Start Date	End Date
2350.T2	8/4	9/8

Fees

M - \$30
R - \$36
NR - \$42
SS/RA - Free

Strong at Sunset

Intensity: Moderate

A great class for those seeking a workout that will incorporate strength training and promote cardiovascular fitness. Instructor = Stephanie

OUTDOOR CLASS!

Wednesdays 5:20-6:05 p.m.

Section	Start Date	End Date
2370.W2	8/5	9/9

Fees

M - \$30
R - \$36
NR - \$42

Full Spectrum Fitness

Intensity: Moderate

This class brings a mix of strength, mobility, and functional training exercises to help promote healthy movement and stronger muscles! Instructor = Theri

Tuesdays & Thursdays 10:15-11 a.m.

Section	Start Date	End Date
2340.T2	8/6	9/10

Fees

M - \$48
R - \$60
NR - \$72
SS/RA - Free

Strength Classes



Cardio Kickboxing

Intensity: Low

This class offers a lower intensity variation of kickboxing to the older adult. It will provide exercises that encourage cardiovascular health in a fun, unique format! Instructor = Brooke

Tuesdays 10:15-11 a.m.

Section	Start Date	End Date	Fees
2365.T2	8/4	9/8	M - \$30 R - \$36 NR - \$42

Yoga Flow

Intensity: Low

A dynamic class for all levels of practitioners that focuses on linking breath with movement. This class combines balance work, muscle stretching, and deep breathing. This class may be held outdoors whenever possible! Instructor = Judy

Wednesdays & Fridays 9-10 a.m.

Section	Start Date	End Date	Fees
2360.W2	8/5	9/11	M - \$48 R - \$60 NR - \$72

EveryBODY Yoga

Intensity: Low

This Yoga class is open to all body types and Yoga experiences and will focus on the mind, body, and breath of all who join! Instructor = Kirstie

Tuesdays 5-6 p.m.

Section	Start Date	End Date	Fees
2355.T2	8/4	9/8	M - \$30 R - \$36 NR - \$42

Stretch & Flex

Intensity: Low

A variety of stretching and balance movements for anyone looking to reduce tight muscles and improve overall quality of movement! Instructor = Judy

Thursdays 11:15 a.m.-12 p.m.

Section	Start Date	End Date	Fees
2375.T2	8/6	9/10	M - \$30 R - \$36 NR - \$42 SS/RA - Free

Dance Fitness & Fun

Intensity: Moderate

This class is for any dance level or background. It combines the basics of dancing, swing dancing, social dancing, and Zumba all in one for a fun, cardio inspired workout. Instructor = Lieschen

Mondays & Wednesdays 9-10 a.m.

Section	Start Date	End Date	Fees
2310.M2	8/3	9/9	M - \$48 R - \$60 NR - \$72 SS/RA - Free

Zumba

Intensity: High

Zumba is a dance-fitness party set to Latin and world rhythms in an interval training approach through dance! Instructor = Ingrid

Thursdays ONLY 6:10-7 p.m.

Section	Start Date	End Date	Fees
2320.T2	8/6	9/10	M - \$24 R - \$30 NR - \$36

Indoor Cycling

Intensity: High

This class is an energizing, on-the-bike workout. The class helps build cardiovascular capacity in a fun, low impact ride. Instructor = Liz

Mondays 6:15-7:15 p.m.

Section	Start Date	End Date	Fees
2330.M2	8/3	9/7	M - \$30 R - \$36 NR - \$42

Wednesdays 5:45-6:30 a.m.

Section	Start Date	End Date	Fees
2330.W2	8/5	9/9	M - \$30 R - \$36 NR - \$42

Core & More

Intensity: Moderate

This aerobics class is safe, heart-healthy, and gentle on joints. Classes are low-impact and include strength, stretching and relaxation exercises. Instructor = Theri

Tuesdays & Thursdays 9-10 a.m.

Section	Start Date	End Date	Fees
2345.T1	8/4	9/10	M - \$48 R - \$60 NR - \$72 SS/RA - Free

FITNESS CLASS PASS

Are you interested in having more variety in the classes you take? The Fitness Class Pass allows you to attend any Group Fitness Class as your schedule allows. This pass can be used to attend all classes, with the exception of T'ai Chi & Qigong.

10 CLASSES	
BRC Member (M)	\$60
Resident (R)	\$65
Non-Resident (NR)	\$70

DROP-IN RATES

If you are wanting to try a new class, or would like to invite a friend to one of your favorite classes, we offer this option to pay by the class! Drop-in registrations do not take precedence over registered participants.

1 CLASS	
BRC Member (M)	\$6
Resident (R)	\$8
Non-Resident (NR)	\$10

Aquatic Fitness Classes

Classes will have limited enrollment. Neither participants, nor instructors are required to wear a mask while exercising. All class equipment will be sanitized prior to each class, and will not be shared. **Per St. Louis County guidelines, the only showers that may be available are the on-deck showers.** Please plan accordingly. PLEASE PRE-REGISTER! Classes typically have a minimum enrollment of 6 participants; minimum must be met by 7/28 or the class may be cancelled.

Aquacize

Ages 16+

This water aerobics class combines a variety of toning and conditioning exercises to achieve the ultimate cardiovascular workout. Class is held in the shallow end of the pool; no swimming ability is required.

Mondays & Wednesdays 11 a.m.-12 p.m.

Fees

Section	Start Date	End Date	Instructor	M/Res Sr - \$24
2101.M2	8/3	9/9	Bette	R - \$30 NR - \$35 SS/RA - FREE

Tuesdays & Thursdays 9-10 a.m.

Fees

Section	Start Date	End Date	Instructor	M/Res Sr - \$24
2101.T4	8/4	9/10	Kat	R - \$30 NR - \$35

Tuesdays & Thursdays 10-11 a.m.

Fees

Section	Start Date	End Date	Instructor	M/Res Sr - \$24
2101.T5	8/4	9/10	Kat	R - \$30 NR - \$35

Tuesdays & Thursdays 6:50-7:50 p.m.

Fees

Section	Start Date	End Date	Instructor	M/Res Sr - \$24
2101.T6	8/4	9/10	Kat	R - \$30 NR - \$35

Cardio & Strength Training Water Aerobics

Plunge into a safe & effective total-body workout designed for all levels! You'll work up a sweat to the music with a mix of traditional aquatic exercise and various choreography designed for the pool. All muscle groups will be strengthened utilizing water equipment; and class will finish with a full-body stretch!

Tuesdays & Thursdays 4:45-5:45 p.m.

Fees

Section	Start Date	End Date	Instructor	M - \$24
2135.T3	8/4	9/10	Michelle	R - \$30 NR - \$35

Tuesdays & Thursdays 5:45-6:45 p.m.

Fees

Section	Start Date	End Date	Instructor	M - \$24
2135.T4	8/4	9/10	Michelle	R - \$30 NR - \$35

Deep Water Aquacize

Ages 16+

This no-impact aerobics class combines a variety of toning and conditioning exercises for the ultimate workout! All exercises are done exclusively in the deep end of the pool using aquabelts to keep you afloat; no swimming ability is required.

Mondays & Wednesdays 10-11 a.m.

Fees

Section	Start Date	End Date	Instructor	M/Res Sr - \$24
2105.M3	8/3	9/9	Bette	R - \$30 NR - \$35

Mondays & Wednesdays 7-8 p.m.

Fees

Section	Start Date	End Date	Instructor	M/Res Sr - \$24
2105.M4	8/3	9/9	Donna	R - \$30 NR - \$35 SS/RA - FREE

Tuesdays & Thursdays 7-8 p.m.

Fees

Section	Start Date	End Date	Instructor	M/Res Sr - \$24
2105.T2	8/4	9/10	Donna	R - \$30 NR - \$35

Duo Depth S'wet

Ages 16+

This high intensity class uses both deep and shallow water for cardio and strength training. Explore the possibilities of what you can do in each depth using basic equipment and even the pool wall for a challenging and fun workout!

Mondays & Wednesdays 9-10 a.m.

Fees

Section	Start Date	End Date	Instructor	M - \$24
2136.M2	8/3	9/9	Polly	R - \$30 NR - \$35

Water Pilates

Ages 16+

Water Pilates is a 30-minute, low-impact workout utilizing movements that promote strength, toning, and flexibility & balance. This workout requires no special equipment or the ability to swim, and appeals to all participants (young, "young at heart", pregnant women, those with weight and/or joint stress or mobility issues, and post-rehab patients). The slow, controlled movement patterns used will build strong core muscles and increased range of motion.

Mondays & Wednesdays 10-10:45 a.m.

Fees

Section	Start Date	End Date	Instructor	M - \$12
2137.M2	8/3	9/9	Polly	R - \$15 NR - \$17.50



This class incorporates the benefits of spinning with the resistance of the pool. Each class is taught by a certified instructor and uses state-of-the-art Hydorrider® bikes made in Italy. We join the handful of facilities in the entire country to offer these types of classes. All participants will need water aerobic shoes to participate in the class. Classes are held at the indoor pool at the BRC.

Mondays 6:30-7:15 p.m.

Section	Start Date	End Date	Instructor
2130.M3	8/3	9/7	Heather

Fees
M - \$40
R - \$50
NR - \$60

Mondays 7:30-8:15 p.m.

Section	Start Date	End Date	Instructor
2130.M4	8/3	9/7	Heather

Fees
M - \$40
R - \$50
NR - \$60

Tuesdays 5:45-6:30 a.m.

Section	Start Date	End Date	Instructor
2130.T3	8/4	9/8	Elizabeth

Fees
M - \$40
R - \$50
NR - \$60

Tuesdays 12-12:45 p.m.

Section	Start Date	End Date	Instructor
2130.T4	8/4	9/8	Lisa

Fees
M - \$40
R - \$50
NR - \$60

Wednesdays 5-5:45 p.m.

Section	Start Date	End Date	Instructor
2130.W3	8/5	9/9	Elizabeth

Fees
M - \$40
R - \$50
NR - \$60

Wednesdays 6-6:45 p.m.

Section	Start Date	End Date	Instructor
2130.W4	8/5	9/9	Elizabeth

Fees
M - \$40
R - \$50
NR - \$60

Thursdays 12-12:45 p.m.

Section	Start Date	End Date	Instructor
2130.R2	8/6	9/10	Elizabeth

Fees
M - \$40
R - \$50
NR - \$60

Fridays 11-11:45 a.m.

Section	Start Date	End Date	Instructor
2130.F2	8/7	9/11	Michelle

Fees
M - \$40
R - \$50
NR - \$60

Saturdays 8:15-9 a.m.

Section	Start Date	End Date	Instructor
2130.S3	8/8	9/12	Heather

Fees
M - \$40
R - \$50
NR - \$60

Saturdays 9:15-10 a.m.

Section	Start Date	End Date	Instructor
2130.S4	8/8	9/12	Heather

Fees
M - \$40
R - \$50
NR - \$60

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