

Monthly Membership \$35
Punch card \$60 for 12 punches
\$7 daily drop in fee



CARDIO/STRENGTH

This class is great for beginners or those returning to exercise. Focus will be on teaching strength and endurance using bodyweight and various equipment. You will learn proper form and a variety of exercises. When you have completed this class you will have the strength, skills and knowledge to take on any fitness challenge!



POWER HOUR

Join this freestyle class utilizing a combination of aerobic conditioning, strength training, and core engagement. This class brings variety to your fitness routine while using a variety of equipment and partner activities may be included.

STRETCH & SCULPT

An hour of total body stretching and sculpting! This class is for all fitness levels (everyone works at their own pace) and reaches deep into the body to tone and stretch every inch of it. This class focuses on building strength and flexibility.

MORNING BLEND

A collaboration of all three classes incorporated in to one fun morning workout! Workout at your own pace.

NEW!

STARTING MAY 2

ACTIVE TOGETHER

THE FOCUS OF THIS CLASS IS BUILDING AND MAINTAINING ATHLETIC ABILITIES. YOU CAN EXPECT 45 MINUTES OF VARIOUS STRENGTH TRAINING, CORE WORK, LIGHT CARDIO, AND FLEXIBILITY EXERCISES. THE GOAL IS TO ASSIST ALL PARTICIPANTS IN BECOMING CONFIDENT IN THEIR PHYSICAL CAPABILITIES.



FITNESS

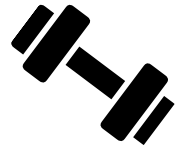
FOR EVERY BODY

Saint Peter Community Center
Room #310A



FITNESS

FOR EVERY BODY



Morning Blend

Tue/Thu/Fri

8:30-9:30 a.m.

Active Together

Tue/Thu/Fri

10-10:45 a.m.

Cardio/Strength

Tuesdays & Thursdays

5:15-6p.m.

Power Hour

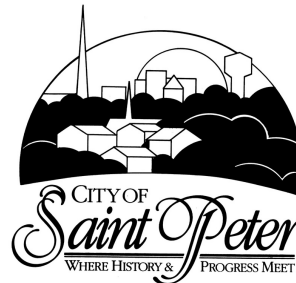
Tuesdays & Thursdays

6:15-7:15p.m.

Stretch & Sculpt

Wednesdays

5:30-6:30p.m.



SAINT PETER REC

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