

OCTOBER DROP-IN SCHEDULE - GROUP EXERCISE CLASSES AT THE LODGE

The Lodge Des Peres - www.desperesmo.org/343 - 314.835.6150 - 1050 Des Peres Road, Des Peres, MO 63131 - SCHEDULE UPDATED 9/26/2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
EARLY AM	5:45-6:40AM Basic Training Maureen S. @ GX Studio	5:45-6:40AM Cycling Steve L. @ GX Studio	5:45-6:40AM Basic Training Maureen S. @ GX Studio	5:45-6:40AM Cycling Lezlie B. @ GX Studio	5:45-6:40AM BODYCOMBAT™ Becky M. @ GX Studio		
		6:45-7:40AM Yoga Michelle W. @ Activity Room		6:45-7:40AM Yoga Michelle W. @ Activity Room	6:45-7:40AM Cycling Lezlie B. @ GX Studio		
LATE AM	8:00-8:55AM Group Strength Hal G. @ GX Studio	8:00-8:55AM Cardio Sculpt Cynthia S. @ GX Studio	8:00-8:55AM Group Strength Hal G. @ GX Studio	8:00-8:55AM Cardio Sculpt Cynthia S. @ GX Studio	8:00-8:55AM Group Strength Cynthia S. @ Studio	8:00-8:55AM Cycling Joy K. @ GX Studio	
		8:30-9:30AM 🌀 HydroTone 🌀 Christi G. @ Pool		8:30-9:30AM 🌀 HydroTone 🌀 Michelle M. @ Pool	8:00-8:55AM Low Impact Susan G. @ Activity Room	8:30-9:30AM 🌀 Into the Deep 🌀 Natalie O. @ Pool	
	9:00-9:55AM Body Toning Cynthia S. @ GX Studio	9:00-9:55AM Kick and H.I.I.T. Michelle M. @ GX Studio	9:00-9:55AM Yoga for EveryBODY Hal G. @ GX Studio	9:00-9:55AM Balance and Strength Katie S. @ GX Studio	9:00-9:55AM Step & H.I.I.T. Michelle M. @ GX Studio	9:00-9:55AM Yoga for EveryBODY Hal G. @ GX Studio	
	🌀 9:00-10:00AM Forever Young 🌀 Cheryl M. @ Pool		🌀 9:00-10:00AM Forever Young 🌀 Michelle M. @ Pool		🌀 9:00-10:00AM Forever Young 🌀 Michelle M. @ Pool		
	9:15-10:10AM Basic Training Stephen W. @ Gym	🌀 9:30-10:30AM Forever in Motion 🌀 Diane D. @ Pool	9:15-10:10AM Basic Training Stephen W. @ Gym	🌀 9:30-10:30AM Aqua Motion 🌀 Carol B. @ Pool	9:15-10:10AM Basic Training Stephen W. @ Gym		
	10:00-10:55AM BODYPUMP™ Joy H. @ GX Studio	10:00-10:55AM BODYPUMP™ Lori W. @ GX Studio	10:00-10:55AM Group Strength Laura P. @ GX Studio	10:00-10:55AM BODYPUMP™ Lori W. @ GX Studio	10:00-10:55AM BODYPUMP™ Norene B. @ GX Studio	10:00-10:55AM BODYPUMP™ Libby T. @ GX Studio	
	🌀 10:00-11:00AM Into the Deep 🌀 Cheryl M. @ Pool		🌀 10:00-11:00AM Into the Deep 🌀 Michelle M. @ Pool		🌀 10:00-11:00AM Into the Deep 🌀 Christi G. @ Pool		
LUNCH	🌀 11:00-12:00PM Forever in Motion 🌀 Christi G. @ Pool		🌀 11:00-12:00PM Forever in Motion 🌀 Christi G. @ Pool		🌀 11:00-12:00PM Into the Deep 🌀 Christi G. @ Pool		
	11:00-11:55AM Barre Laura P. @ GX Studio	11:00-11:55AM BODYFLOW™ Lori W. @ GX Studio	11:00-11:55AM Barre Laura P. @ GX Studio	11:00-11:55AM BODYFLOW™ Lori W. @ GX Studio		11:00-11:55AM Barre Rebekah J. @ GX Studio	
	12:00-12:55PM Cycling Laura P. @ GX Studio			12:00-12:55PM Cycling Laura P. @ GX Studio			
PM	5:30-6:25PM BODYPUMP™ Libby T. @ GX Studio	5:30-6:25PM Yoga for EveryBODY Hal G. @ GX Studio	5:30-6:25PM BODYPUMP™ Sarah G. @ GX Studio	5:30-6:25PM BODYPUMP™ Sarah G. @ GX Studio		SUNDAY	
	🌀 5:30-6:30PM Into the Deep 🌀 Barbara D. @ Pool		🌀 5:30-6:30PM Into the Deep 🌀 Christi G. @ Pool				9:45-10:40AM BODYPUMP™ Sarah G. @ GX Studio
	6:30-7:25PM BODYCOMBAT™ Aimee S. @ GX Studio	6:30-7:25PM Zumba® + Weights Jenny W. @ GX Studio	6:30-7:25PM BODYCOMBAT™ Aimee S. @ GX Studio	6:30-7:25PM Zumba® + Weights Jenny W. @ GX Studio			10:45-11:40AM BODYFLOW™ Cheryl O. @ GX Studio
		🌀 6:30-7:30PM Water Combo Crazy 🌀 Mary N. @ Pool	🌀 7:30-8:30PM Aqua Zumba® 🌀 Mary N. @ Pool	🌀 6:30-7:30PM Water Combo Crazy 🌀 Mary N. @ Pool			

GROUP EXERCISE CLASSES



GROUP EXERCISE PROGRAM AT THE LODGE

Our Group Exercise Program offers over 50 classes in a variety of formats every week led by nationally certified instructors to help you achieve results, feel better, and improve your quality of life. Meet new friends and stay accountable to your fitness goals! Affordable Tot Care is available so your child will have fun while you take care of yourself! We offer 2 ways for members and non-members to take our classes! See below or visit our website for more information, class descriptions, sub lists and instructor bios at www.desperesmo.org/343

2 WAYS TO DROP-IN TO A GROUP EXERCISE CLASS

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. This option offers a slight discount to daily admission. *Wet-N-Sweat punch cards can be purchased online 24/7 at www.desperesmo.org/343 or at The Lodge Front Desk. Participants are advised to arrive at least 5-10 minutes early and no more than 30 minutes prior to a class to reserve a spot.*

PURCHASE A DROP-IN PASS: \$7/ Member; \$7/Resident; \$9/Non-Resident

Pay the daily group exercise fee to take a class when space is available. *Participants are advised to arrive at least 5-10 minutes early and no more than 30 minutes prior to a class to reserve a spot.*

CLASS DESCRIPTIONS

Classes are suitable for ALL levels. Modifications will be given to make the class challenging for everyone. Class descriptions can be found on our website at www.desperesmo.org/343

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 safe 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 and our annual pass options. **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.*

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