2017 SPRING FITNESS & AQUATICS CLASS SCHEDULE*

Staenberg Family Complex - Creve Coeur

	Time	Class	Emphasis	Studio	Instructor
	8:00am	Extreme Conditioning	C-S	GX	Maurice
ay	8:15am	Cycle	С	CS	Steve S.
	9:00am	Triple S (70min)	C-S	GX	Kevin
	9:20am	Cycle	С	CS	Maurice
Sunday	9:30am	Pilates	MB	MB	Lynda
Ing.	10:30am	Extreme Conditioning	C-S	GX	Maurice
0,	10:30am	Pure Definition	C-S	MB	Lynda
	11:30am	Zumba	С	GX	Gaby
	11:30am	Yoga (90min)	MB	MB	Maria
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	6:00am	Yoga	MB	MB	Steve R.
	6:00am	Tabata	С	GX	Patty
	6:00am	Cycle (through April)	С	CS	Elizabeth
	7:00am	Circuit Training NEW	C-S	GX	Chelsey
	8:30am	Zumba	С	GX	Ana
	8:30am	Insanity	С	MB	Ashley
	9:00am	Agua Flow (45min)	AQ	AQ	Julie
	9:30am	Zumba	С	GX	Gaby
	9:30am	Barre Fusion	C-S	MB	Cayte
ау	9:30am	Cycle	С	CS	Mary
Monday	10:30am	Forever Fit	C-S	GX	Cathleen
ō	10:30am	Cardio Groove	С	MB	Nicci
2	11:00am	Agua Fit	AQ	AQ	Julie
	11:30am	Yoga	MB	MB	Nancy L.
	4:30pm	Zumba	С	GX	Heather Z.
	5:30pm	Zumba	C	GX	Chelsey
	5:30pm	Yoga	MB	MB	Nancy L.
	6:00pm	Cycle	C	CS	Steve S.
	6:15pm	Aqua Power Deep	AQ	AQ	Julie
	6:30pm	Sculpting	S	GX	Paul
	6:30pm	Tabata	C	MB	Lehman
	0.50pm	Tabata		1410	Lemman
	6:00am	Circuit Training	C-S	GX	Paige
	6:00am	Barre Fusion NEW	C-S	MB	Patty
	6:00am	Cycle NEW	С	CS	Alvin
	8:30am	Kettlebell	S	GX	Paul
	8:30am	Pilates	MB	MB	Kristin
	9:30am	PiYo NEW	C-S	GX	Angela
	9:30am	Yoga	MB	MB	Becky
	9:30am	Cycle	С	CS	Laurie
	9:30am	Boot Camp	AQ	AQ	Julie
	10:30am	Cardio Sculpt & Stretch	C-S	MB	Leigh
э	10:30am	Forever Fit	S	GX	Cathleen
Fuesday	11:00am	Aqua Fit	AQ	AQ	Stephanie
n i	11:30am	Gentle Yoga (75min)	MB	MB	Stacia
F	2:15pm	Agua Flow	AQ	AQ	Julie
	4:30pm	Tabata/Abs	S	GX	Cindy
	4:30pm	PiYo NEW	C-S	MB	Angela
	5:30pm	Turbo Kick	C	GX	Cindy
	5:30pm	Yoga	МВ	MB	Abby
	6:00pm	Cycle	C	CS	Mary
	6:30pm	R.I.P.P.E.D.	C-S	GX	Clara
			C-S	MB	Chelsey
	6:30pm	Zumba Step			
	7:30pm	Kettlebell	S	GX	Paul
	7:30pm	Yoga	MB	MB	Maria
	C - Cardio	MR - Mind/Rody			1

sis	C - Cardio	MB - Mind/Body
Emphasis	S - Strength	AQ - Aqua Fitness
En	C-S - Cardio-St	rength Combo

Studio	GX - Group Exercise Studio	CS - Cycle Studio		
Stu	MB - Mind/Body Studio	AQ - Indoor Pool		

Additional Group Ex Notes

- All members are welcome to all classes
- Schedule subject to change without notice
- Contact: Courtney Tucker, 314.442.3210, ctucker@jccstl.org



Time	omplex - Creve Coeur					
6:00am		Time	Class	Emphasis	Studio	Instructor
8:30am		6:00am	H.I.I.T.	C-S	GX	Ashley
8:30am			-			•
9:00am Aqua Flow (45min)			•			
9:30am						
9:30am			· · · · · · · · · · · · · · · · · · ·	-	-	
9:30am Cycle				-		
10:30am						
10:30am			•			
1.30pm Zumba	day				GX	
1.30pm Zumba	esc	11:00am	Aqua Fit	AQ	AQ	Julie
1.30pm Zumba	р	11:30am	Yoga	MB	MB	Julie
1.30pm Zumba	S e	1:45pm	Aquatic Tai Chi	AQ	AQ	Stephanie
5:30pm				-		
6:00pm Cycle C C S Steve S. 6:15pm Aqua Power Deep AQ AQ Stephanie 6:30pm Pound C G GX Jennifer 6:30pm Pilates C-S MB Amber 7:30pm Beg. Ballroom/Latin/Swing C GX Elena 8:30pm Int. Ballroom/Latin/Swing C GX Elena 8:30pm Int. Ballroom/Latin/Swing C GX Elena 6:00am Cycle C C CS Mary 7:00am Cardio Sculpt NEW TIME C-S GX Leigh 8:30am Step Intervals C-S GX Nancy T. 8:30am Pilates MB MB Stacia 9:30am Tabata C G GX Kim V. 9:30am Cycle C C CS Kelly 9:30am Toyle C C C CS Kelly 9:30am Toyle C C C CS Kelly 9:30am Cycle C C CS Kelly 9:30am Cycle C C CS Kelly 9:30am Forever Fit S GX Cathleen 11:00am Aqua Fit AQ AQ Stephanie 11:00am Aqua Fit AQ AQ Stephanie 11:30am Core & MC C-S GX Cindy 4:30pm Pivo NEW C-S GX Cindy 4:30pm Pivo NEW C-S GX Cindy 5:30pm R.I.P.P.E.D C-S GX Cindy 6:30pm Kettlebell S GX Paul 7:30pm Yoga MB MB Lesley 6:00am Total Conditioning C GX Courtney 8:30am Cardio Sculpt C GX Courtney 8:30am Cardio Sculpt C GX Courtney 8:30am Cardio Sculpt C GX Leigh 8:30am Zumba C MB MB Lesley 10:30am Forever Fit C-S GX Leigh 8:30am Cardio Sculpt C GX Courtney 8:30am Cardio Sculpt C GX Leigh 8:30am Zumba C MB Haley 11:30am Forever Fit C-S GX Cindy 9:30am Forever Fit C-S GX Leigh 8:30am Sumba C MB MB Lesley 6:00am Forever Fit C-S GX Leigh 8:30am Sumba C MB MB Lesley 6:00am Forever Fit C-S GX Leigh 8:30am Sumba C MB MB Lesley 8:30am Sumba C MB Haley 9:30am Forever Fit C-S GX Courtney 8:30am Forever Fit C-S GX Courtney 8:30am Sumba C MB MB Lesley 9:30am Forever Fit C-S GX Courtney 8:30am Sumba C MB MB Lesley 9:30am Forever Fit C-S GX Courtney 8:30am Borre Fusion C-S MB Patty 9:30am Forever Fit C-S GX Courtney 8:15am Swim Boot Camp AQ AQ Julie 11:30am Forever Fit C-S GX Courtney 8:30am Barre Fusion C-S MB Patty 9:30am Sumba C C C C S Susie 8:30am Barre Fusion C-S MB Patty 9:30am Forever Fit C-S GX Leigh 8:30am Barre Fusion C-S MB Patty 9:30am Total Conditioning (70min) C-S GX Ces Leigh 11:00am Insanity NEW C MB Ashley						
6:15pm Aqua Power Deep AQ AQ Stephanie 6:30pm Pound C GX Jennifer 6:30pm Pound C GX Jennifer 6:30pm Pilates C-5 MB Amber 7:30pm Beg. Ballroom/Latin/Swing C GX Elena 8:30pm Int. Ballroom/Latin/Swing C GX Elena 6:00am Cycle C GX Elena 6:00am Cycle C CS Mary 7:00am Cardio Sculpt NEW TIME C-5 GX Leigh 8:30am Step Intervals C-5 GX Nancy T. Saisaam Pilates MB MB Stacia 9:30am Pilates MB MB Stacia 9:30am Cycle C C S Kelly 9:30am Yoga MB MB Stacia 10:30am Core & More C-5 MB Kim V. 10:30am Forever Fit S GX Cathleen 11:30am Gentle Yoga (75min) MB MB Emily 2:15pm Aqua Flow AQ AQ Stephanie 11:30am Gentle Yoga (75min) MB MB Emily 5:30pm R.I.P.P.E.D C-5 GX Ciara 5:30pm Zumba C C MB Haley 6:30pm Zumba C C MB Haley 6:30pm Yoga MB MB Lesley 6:30pm Zumba C C MB Haley 9:30am Yoga MB MB Lesley 0:30am Cardio Sculpt C C CS Jamie 10:30am Forever Fit S GX Cathleen Si:30pm Zumba C C MB Rocio 9:30am Yoga MB MB Lesley 19:30am Zumba C C MB Rocio 9:30am Zumba C C MB Rocio 9:30am Zumba C C MB Rocio 9:30am Zumba C C MB Haley 11:30am Forever Fit C C CS Jamie 10:30am Forever Fit C C CS Jamie 11:30am Forever Fit C C CS Susie 8:30am Barre Fusion C C CS Leslie 11:30am Zumba C C C C C Susie 8:30am Barre Fusion C C C C S Leslie 11:30am Zumba C C C C C S Leslie 11:30am Zumba C C C C C S Leslie 11:30am Zumba C C C C C S Leslie 11:30am Zumba C C C C C S Leslie 11:30am Zumba C C			· ·			
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^{*}Updated 3/27/17

Staenberg Family Complex – Group Ex Class Descriptions

Ballroom, Latin & Swing Dancing: Dancing taught for anyone of any age! Wear comfortable dancing shoes. A partner is not required.

Barre Fusion: Strengthen and tone while lengthening muscles with intervals of stretching. Light weights and floor work compliment barre work to push your muscles to exhaustion.

Cardio Groove: A new fun dance format that incorporates multiple styles of dance for a fantastic workout.

Cardio Sculpt: This class offers the perfect combination of cardiovascular and strength training in order to give you a total body workout.

Circuit Training: This well-rounded workout utilizes fitness equipment in circuits.

Cycle: You will experience an aerobic exercise on a stationary bike while an instructor motivates you through visualization with motivational music.

Extreme Conditioning: An intense workout using weights to target major muscle groups. Incorporates cardiovascular exercise and plyometrics to challenge all fitness levels.

Forever Fit: A low-intensity aerobic class offering a great cardiovascular workout. It combines strength, endurance, joint stability, balance and flexibility.

H.I.I.T.: High Intensity Interval Training combines cardio and strength training in a format of quick, intense bursts of exercise, followed by short recovery periods.

Insanity: An intense workout that combines cardio and building muscle.

Kettlebell: Class will offer cardiovascular, resistance and weight control benefits.

Nia: Is a well-being fitness and lifestyle practice inspired by Martial, Dance and Healing Arts.

Pilates: A progressive series of exercises, based on the methods of Joseph Pilates, designed to increase the strength of your body's core (abdominals, back, glutes and hips) while lengthen the muscles.

PiYo: This athletic workout combines mind/body practices of Yoga and Pilates as well as principles of stretch, strength training, and dynamic movement.

Pound: A full body workout which targets trouble spots using drumsticks to maximize your arm workout.

Pure Definition: Strengthen, tone, lengthen, and stretch your muscles. Light weights and floor work will help you achieve a lean, sculpted body.

R.I.P.P.E.D.: This class combines resistance, intervals, power, plyometrics and endurance.

Sculpting: Class rotates monthly between strength, power and endurance formats, providing changes to avoid plateaus and maximizing results.

Step Intervals: Get a great step workout in an interval-style format!

Tabata: An intense interval training class that follows a specific timed format (20 seconds on/10 seconds off).

Total Conditioning: This class combines anaerobic activity with plyometric and callisthenic drills to offer a challenging option in your cardio routine.

Triple S: The best of step, sculpt and stretch combined to increase cardiovascular/muscular endurance and flexibility.

Turbo Kick: An energizing kickboxing interval class. Cardio that uses intensity drills and increased energy sprints followed by work recovery segments.

Yoga: Build strength, flexibility and balance through a unique combination of breathing techniques and postures. **Gentle Yoga** offers a similar experience at a slower pace.

Zumba: A fusion of Latin and International music; featuring aerobic/fitness interval training with fast and slow rhythms that tone and sculpt the body.

Zumba Step: This workout combines the toning and strengthening power of step aerobics with the fun dance moves of Zumba.

Aquatic Classes

Aqua Boot Camp: Advanced class includes endurance swim, sprints, calisthenics, strength and explosive moves – both wet and dry work. Must be able to swim 100y freestyle non-stop, tread and climb in/out of the pool repeatedly.

Aqua Flow: This is a series of specially designed exercises which, with the aid of the water's buoyancy and resistance, can help improve joint flexibility.

Aqua Fit: Moderate-impact, water-specific exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment.

Aqua Power: This is a high intensity, multi-discipline workout in the lap pool. Must be comfortable at all pool depths.

Aqua Power Deep: High intensity, no impact water resistance training; improves muscle tone, flexibility strength and endurance may use flotation belts; class held in deep water.

Aqua Tai Chi: Moving meditation which improves body awareness and range of motion.

Updated 3/27/17