2018 WINTER FITNESS & AQUATICS GROUP EXERCISE SCHEDULE*

Staenberg Family Complex - Creve Coeur

			Otacibe		
	Time	Class	Emphasis	Studio	Instructor
	8:00am	Extreme Conditioning	C-S	GX	Maurice
	8:15am	Cycle	С	CS	Steve S.
DAY	9:00am	Triple S (70m)	C-S	GX	Kevin
	9:20am	Cycle	С	CS	Maurice
Ž	9:30am	Pilates	MB	MB	Lynda
2	10:30am	Extreme Conditioning	C-S	GX	Maurice
0,	10:30am	Pure Definition	C-S	MB	Lynda
	11:30am	Zumba	C	GX	Gaby
	11:30am	Yoga (90m)	МВ	MB	Maria
	11.30aiii	Toga (30111)	IVID	IVID	Ivialia
	6:00am	Yoga	MB	MB	Steve R.
		Tabata	C	GX	
	6:00am				Patty
	7:00am	Circuit Training	C-S	GX	Chelsey
	8:30am	Zumba	С	GX	Ana
	8:30am	Insanity	C	MB	Ashley
	9:00am	Aqua Flow (45m)	AQ	AQ	Julie
	9:30am	Zumba	С	GX	Gaby
	9:30am	Barre Fusion	C-S	MB	Cayte
	9:30am	Cycle	С	CS	Mary
¥	10:30am	Forever Fit	C-S	GX	Cathleen
₫	10:30am	Cardio Groove	С	MB	Nicci
MONDAY	11:00am	Aqua Fit	AQ	AQ	Julie
ž	11:30am	Simply Stretching (30m)	MB	GX	Leigh
	11:30am	Yoga	MB	MB	Nancy L.
	12:00pm	Express Sculpting (45m)	S	GX	Moira
	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		S	GX	
		Sculpting	C	MB	Ryan
		Tabata	L L		Lehman
	6:30pm			IVID	
					Ashley
	6:00am	Circuit Training	C-S	GX	Ashley
	6:00am 6:00am	Circuit Training Barre Fusion	C-S C-S	GX MB	Patty
	6:00am 6:00am 8:30am	Circuit Training Barre Fusion Kettlebell	C-S C-S S	GX MB GX	Patty Ryan
	6:00am 6:00am 8:30am 8:30am	Circuit Training Barre Fusion Kettlebell Pilates	C-S C-S S MB	GX MB GX MB	Patty Ryan Kristin
	6:00am 6:00am 8:30am 8:30am 9:30am	Circuit Training Barre Fusion Kettlebell Pilates PiYo	C-S C-S S MB C-S	GX MB GX MB GX	Patty Ryan Kristin Angela
	6:00am 6:00am 8:30am 8:30am 9:30am	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga	C-S C-S S MB C-S MB	GX MB GX MB GX MB	Patty Ryan Kristin Angela Becky
	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle	C-S C-S S MB C-S MB C	GX MB GX MB GX MB CS	Patty Ryan Kristin Angela Becky Laurie
	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp	C-S C-S S MB C-S MB C	GX MB GX MB GX MB CS AQ	Patty Ryan Kristin Angela Becky Laurie Julie
	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp Cardio Sculpt & Stretch	C-S C-S S MB C-S MB C AQ C-S	GX MB GX MB GX MB CS AQ MB	Patty Ryan Kristin Angela Becky Laurie Julie Leigh
AY	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp Cardio Sculpt & Stretch Forever Fit	C-S C-S S MB C-S MB C AQ C-S	GX MB GX MB GX MB CS AQ	Patty Ryan Kristin Angela Becky Laurie Julie Leigh Cathleen
SDAY	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit	C-S C-S S MB C-S MB C AQ C-S S	GX MB GX MB GX MB CS AQ MB GX	Patty Ryan Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie
ESDAY	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp Cardio Sculpt & Stretch Forever Fit	C-S C-S S MB C-S MB C AQ C-S	GX MB GX MB GX MB CS AQ MB	Patty Ryan Kristin Angela Becky Laurie Julie Leigh Cathleen
TUESDAY	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit	C-S C-S S MB C-S MB C AQ C-S S	GX MB GX MB GX MB CS AQ MB GX	Patty Ryan Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie
TUESDAY	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m)	C-S C-S S MB C-S MB C AQ C-S S AQ	GX MB GX MB GX MB CS AQ MB GX AQ	Patty Ryan Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia
TUESDAY	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:30am 2:15pm	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow	C-S C-S S MB C-S MB C AQ C-S S AQ MB AQ	GX MB GX MB GX AQ MB GX AQ MB	Patty Ryan Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie
TUESDAY	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:30am 2:15pm 4:30pm	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow Tabata/Abs	C-S C-S S MB C-S MB C AQ C-S S AQ MB AQ S	GX MB GX MB GX MB CS AQ MB GX AQ MB	Patty Ryan Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie Cindy
TUESDAY	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:30am 2:15pm 4:30pm 4:30pm 5:30pm	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow Tabata/Abs PiYo Turbo Kick	C-S C-S S MB C-S MB C AQ C-S S AQ MB AQ S C-S C	GX MB GX MB GX MB CS AQ MB GX AQ MB AQ MB	Patty Ryan Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie Cindy Angela Cindy
TUESDAY	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:30am 2:15pm 4:30pm 4:30pm 5:30pm	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow Tabata/Abs PiYo Turbo Kick Yoga	C-S C-S S MB C-S MB C AQ C-S S AQ MB AQ S C-S C MB	GX MB GX MB GX MB CS AQ MB GX AQ MB AQ GX MB	Patty Ryan Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie Cindy Angela Cindy Abby
TUESDAY	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:30am 2:15pm 4:30pm 4:30pm 5:30pm 6:00pm	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow Tabata/Abs PiYo Turbo Kick Yoga Cycle	C-S C-S S MB C-S MB C AQ C-S S AQ MB AQ S C-S C MB	GX MB GX MB GX MB CS AQ MB GX AQ MB AQ GX MB GX MB	Patty Ryan Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie Cindy Angela Cindy Abby Mary
TUESDAY	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:30am 2:15pm 4:30pm 4:30pm 5:30pm 6:00pm 6:30pm	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow Tabata/Abs PiYo Turbo Kick Yoga Cycle R.I.P.P.E.D.	C-S C-S S MB C-S MB C AQ C-S S AQ MB AQ S C-S C MB C-S C-S C	GX MB GX MB GX MB CS AQ MB GX AQ MB AQ GX MB GX MB GX MB	Patty Ryan Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie Cindy Angela Cindy Abby Mary Clara
TUESDAY	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:30am 2:15pm 4:30pm 5:30pm 5:30pm 6:00pm 6:30pm	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow Tabata/Abs PiYo Turbo Kick Yoga Cycle R.I.P.P.E.D. Zumba Step	C-S C-S S MB C-S MB C AQ C-S S AQ MB AQ S C-S C MB C C-S C	GX MB GX MB GX MB CS AQ MB GX AQ MB AQ GX MB GX MB GX MB	Patty Ryan Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie Cindy Angela Cindy Abby Mary Clara Chelsey
TUESDAY	6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:30am 2:15pm 4:30pm 4:30pm 5:30pm 6:00pm 6:30pm	Circuit Training Barre Fusion Kettlebell Pilates PiYo Yoga Cycle Aqua Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow Tabata/Abs PiYo Turbo Kick Yoga Cycle R.I.P.P.E.D.	C-S C-S S MB C-S MB C AQ C-S S AQ MB AQ S C-S C MB C-S C-S C	GX MB GX MB GX MB CS AQ MB GX AQ MB AQ GX MB GX MB GX MB	Patty Ryan Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie Cindy Angela Cindy Abby Mary Clara

- Late arrivals are not permitted in class after 10 minutes
- Reserving a spot for other members is not permitted.

Emph.	C - Cardio	MB - Mind/Body	S - Strength
ᇤ	C-S - Cardio-	Strength Combo	AQ - Aqua Fitness

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

- All members are welcome to all classes
- Schedule subject to change without notice
- Contact: Priscilla Westbrooks, 314.442.3210, pwestbrooks@jccstl.org

*Updated 1/2/18

		reve Coeur			
	Time	Class	Emphasis	Studio	Instructor
	6:00am	H.I.I.T.	C-S	GX	Elgin
	6:00am	Yoga	MB	MB	Lesley
	6:30am	Cycle NEW Day & Time	С	CS	Alvin
	8:30am	Cardio Sculpt	C-S	GX	Ashley
	8:30am	MELT NEW (space is limited)	С	MB	Robin
	9:00am	Aqua Flow (45m)	AQ	AQ	Julie
	9:30am	Turbo Kick	С	GX	Clara
	9:30am	Barre Fusion	C-S	MB	Cayte
¥	9:30am	Cycle	С	CS	Jamie
S	10:30am	Cardio Groove	C-S	MB	Nicci
WEDNESDAY	10:30am	Forever Fit	C-S	GX	Leigh
ā	11:00am 11:30am	Aqua Fit	AQ MB	AQ MB	Julie Julie
M	1:45pm	Yoga Aquatic Tai Chi	AQ	AQ	Stephanie
	4:30pm	Zumba	C	GX	Laura
	5:30pm	Zumba	C	GX	Heather C.
	5:30pm	Yoga	MB	MB	Jennifer
	6:00pm	Cycle	С	CS	Steve S.
	6:15pm	Aqua Power Deep	AQ	AQ	Stephanie
	6:30pm	Pound	С	GX	Jennifer
	6:30pm	Pilates	C-S	MB	Amber
	7:30pm	Beg. Ballroom/Latin/Swing	С	GX	Elena
	8:30pm	Int. Ballroom/Latin/Swing	С	GX	Elena
	6:00am	Tabata	C-S	GX	Patty
	6:00am	Cycle	C-3	CS	Mary
	7:00am	Cardio Sculpt	C-S	GX	Leigh
	8:30am	Step Intervals	C-S	GX	Nancy T.
	8:30am	Pilates	MB	MB	Stacia
	9:30am	Tabata	С	GX	Kim V.
	9:30am	Cycle	С	CS	Laurie
	9:30am	Yoga	MB	MB	Stacia
>	10:30am	Core & More	C-S	MB	Kim V.
A	10:30am	Forever Fit	S	GX	Cathleen
33	11:00am	Aqua Fit	AQ	AQ	Stephanie
THURSDA	11:30am	Simply Stretching (30m)	MB	GX	Leigh
Ė.	11:30am 12:00pm	Gentle Yoga (75m) Express Conditioning (45m)	MB C-S	MB GX	Emily Chelsey
	2:15pm	Agua Flow	AQ	AQ	Stephanie
	4:30pm	PiYo	C-S	GX	Cindy
		R.I.P.P.E.D	C-S	GX	Clara
	5:30pm				Lesley
		Yoga Cycle	MB C	MB CS	Lesley Shelley
	5:30pm 5:30pm	Yoga	MB	MB	
	5:30pm 5:30pm 6:00pm	Yoga Cycle	MB C C S	MB CS	Shelley
	5:30pm 5:30pm 6:00pm 6:30pm	Yoga Cycle Zumba	MB C C	MB CS MB	Shelley Haley
	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm	Yoga Cycle Zumba Kettlebell Yoga	MB C C S MB	MB CS MB GX MB	Shelley Haley Elgin Steve
	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm	Yoga Cycle Zumba Kettlebell Yoga	MB C C S MB	MB CS MB GX MB	Shelley Haley Elgin Steve Lesley
	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning	MB C C S MB	MB CS MB GX MB	Shelley Haley Elgin Steve Lesley Ashley
	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am 6:00am 7:00am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning Mindful Meditation (45m)	MB C C S MB MB C-S MB	MB CS MB GX MB MB	Shelley Haley Elgin Steve Lesley Ashley Lesley
	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am 6:00am 7:00am 8:30am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning	MB C C S MB	MB CS MB GX MB MB GX MB GX	Shelley Haley Elgin Steve Lesley Ashley Lesley Leigh
<u>}</u>	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am 6:00am 7:00am 8:30am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning Mindful Meditation (45m) Cardio Sculpt	MB C S MB MB C-S MB C	MB CS MB GX MB MB	Shelley Haley Elgin Steve Lesley Ashley Lesley
DAY	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am 6:00am 7:00am 8:30am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning Mindful Meditation (45m) Cardio Sculpt Zumba	MB C S MB MB C-S MB C C AQ	MB CS MB GX MB MB GX MB GX MB GX AB GX AB GX AB GX AB GX AB AQ	Shelley Haley Elgin Steve Lesley Ashley Lesley Leigh Rocio
RIDAY	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am 7:00am 8:30am 9:00am 9:30am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning Mindful Meditation (45m) Cardio Sculpt Zumba Aqua Flow (45m) Zumba	MB C S MB MB C-S MB C C C AQ C	MB CS MB GX MB MB GX MB GX MB GX MB GX MB GX MB	Shelley Haley Elgin Steve Lesley Ashley Lesley Leigh Rocio Julie Heather Z.
FRIDAY	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am 7:00am 8:30am 9:00am 9:30am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning Mindful Meditation (45m) Cardio Sculpt Zumba Aqua Flow (45m) Zumba Kettlebell	MB C S MB MB C-S MB C C C S	MB CS MB GX MB GX MB GX MB GX MB GX MB AQ MB GX	Shelley Haley Elgin Steve Lesley Ashley Lesley Leigh Rocio Julie Heather Z. Ryan
FRIDAY	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am 7:00am 8:30am 9:00am 9:30am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning Mindful Meditation (45m) Cardio Sculpt Zumba Aqua Flow (45m) Zumba	MB C S MB MB C-S MB C C C AQ C S C	MB CS MB GX MB MB GX MB GX MB GX MB GX MB GX MB	Shelley Haley Elgin Steve Lesley Ashley Lesley Leigh Rocio Julie Heather Z.
FRIDAY	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am 7:00am 8:30am 9:00am 9:30am 9:30am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning Mindful Meditation (45m) Cardio Sculpt Zumba Aqua Flow (45m) Zumba Kettlebell Cycle	MB C S MB MB C-S MB C C C S	MB CS MB GX MB MB GX MB GX MB GX MB GX CS	Shelley Haley Elgin Steve Lesley Ashley Lesley Leigh Rocio Julie Heather Z. Ryan Jamie
FRIDAY	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am 7:00am 8:30am 9:00am 9:30am 9:30am 9:30am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning Mindful Meditation (45m) Cardio Sculpt Zumba Aqua Flow (45m) Zumba Kettlebell Cycle Forever Fit	MB C S MB MB C-S MB C C C S C C-S	MB CS MB GX MB MB GX MB GX MB GX MB GX CS GX	Shelley Haley Elgin Steve Lesley Ashley Lesley Leigh Rocio Julie Heather Z. Ryan Jamie Mary
FRIDAY	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am 6:00am 7:00am 8:30am 9:00am 9:30am 9:30am 10:30am 10:30am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning Mindful Meditation (45m) Cardio Sculpt Zumba Aqua Flow (45m) Zumba Kettlebell Cycle Forever Fit Pilates	MB C S MB MB C-S MB C C C AQ C S C C-S MB	MB CS MB GX MB MB GX MB GX MB GX MB GX MB GX MB AQ MB GX MB GX MB	Shelley Haley Elgin Steve Lesley Ashley Lesley Leigh Rocio Julie Heather Z. Ryan Jamie Mary Lynda
FRIDAY	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am 7:00am 8:30am 9:30am 9:30am 9:30am 10:30am 11:30am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning Mindful Meditation (45m) Cardio Sculpt Zumba Aqua Flow (45m) Zumba Kettlebell Cycle Forever Fit Pilates Aqua Fit Yoga (85m)	MB C S MB C-S MB C C C AQ C S C C-S MB AQ MB	MB CS MB GX MB GX MB GX MB GX MB GX MB AQ MB GX MB AQ MB MB	Shelley Haley Elgin Steve Lesley Ashley Lesley Leigh Rocio Julie Heather Z. Ryan Jamie Mary Lynda Julie Lynda
FRIDAY	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am 7:00am 8:30am 9:00am 9:30am 9:30am 10:30am 10:30am 11:00am 11:30am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning Mindful Meditation (45m) Cardio Sculpt Zumba Aqua Flow (45m) Zumba Kettlebell Cycle Forever Fit Pilates Aqua Fit Yoga (85m) Total Conditioning (70m)	MB C S MB C-S MB C C C AQ C C S C C-S MB AQ MB C-S	MB CS MB GX MB MB GX MB GX MB GX MB AQ MB AQ MB GX MB AQ MB GX CS GX MB AQ MB	Shelley Haley Elgin Steve Lesley Ashley Lesley Leigh Rocio Julie Heather Z. Ryan Jamie Mary Lynda Julie Lynda Christine
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_	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am 7:00am 8:30am 9:00am 9:30am 9:30am 10:30am 11:00am 11:30am 8:15am 8:15am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning Mindful Meditation (45m) Cardio Sculpt Zumba Aqua Flow (45m) Zumba Kettlebell Cycle Forever Fit Pilates Aqua Fit Yoga (85m) Total Conditioning (70m) Swim Boot Camp Cycle	MB C S MB C-S MB C C C S C C S C C-S MB AQ MB C C-S AQ C C C-S C C-S C C-S C C-S C C-S C C C C	MB CS MB GX MB GX MB GX MB GX MB AQ MB GX MB AQ CS GX MB AQ CS	Shelley Haley Elgin Steve Lesley Ashley Lesley Leigh Rocio Julie Heather Z. Ryan Jamie Mary Lynda Julie Lynda Christine Julie Susie
_	5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 6:00am 7:00am 8:30am 9:00am 9:30am 9:30am 10:30am 10:30am 11:00am 11:30am	Yoga Cycle Zumba Kettlebell Yoga Yoga Total Conditioning Mindful Meditation (45m) Cardio Sculpt Zumba Aqua Flow (45m) Zumba Kettlebell Cycle Forever Fit Pilates Aqua Fit Yoga (85m) Total Conditioning (70m) Swim Boot Camp	MB C S MB C-S MB C C C S C C S C C-S MB AQ MB C C-S C C C-S C C-S C C C C	MB CS MB GX MB MB GX MB GX MB GX MB AQ MB GX MB AQ AB AQ AQ AB	Shelley Haley Elgin Steve Lesley Ashley Lesley Leigh Rocio Julie Heather Z. Ryan Jamie Mary Lynda Julie Lynda Christine Julie Susie Patty
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Staenberg Family Complex - Group Ex Class Descriptions

Ballroom, Latin & Swing Dancing: Dancing taught for anyone of any age! Wear comfortable dancing shoes. Partner 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.

Core & More: A full-body workout that improves core strength, stability and muscle tone, utilizing dumbbells, resistance bands, and stability balls to create a lean, sculpted body.

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.

MELT: MELTing helps relieve the effects of stress, rehydrate the body's connective tissue and has a cumulative effect of reducing or eliminating chronic pain.

Mindful Meditation: Wakes up the body's natural intelligence to elicit the relaxation responses, helping to deeply rest the mind and the body. Classes will include instruction, guidance, readings and differing lengths of seated meditation practice.

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. (also **Express Sculpting**)

Simply Stretching: Stretch all major muscle groups to improve overall flexibility and enhance your range of movement.

Step Intervals: Get a great step workout in an interval-style format! Stretch all major muscle groups to improve your overall flexibility and enhance a greater range of movement.

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. (also **Express Conditioning**)

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.

Day Break Swim Series: Adult coached swim workout suitable for lower level Master swimmers, beginning Triathletes and fitness swimmers. Need ability to swim with confident in deep water and 25 meters without stopping.