2016 WINTER FITNESS & AQUATICS CLASS SCHEDULE*

Staenberg Family Complex - Creve Coeur

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	Time	Class	Emphasis	Studio	Instructor
Sunday	8:00am	Extreme Conditioning	C-S	GX	Maurice
	8:30am	Cycle	C	CS	Steve
	9:00am	Triple S 70	C-S	GX	Kevin
	9:30am	Pilates	MB	MB	Susan V.
	9:30am	Cycle	C	CS	Maurice
Su	10:30am	Extreme Conditioning	C-S	GX	Maurice
	10:30am	-	C-S	MB	
		Physique Fusion			Lynda
	11:30am	Yoga	MB	MB	Maria
	6:00am	Voga	MB	MB	Steve
	6:00am	Yoga Tabata	C	GX	Courtney
	6:00am		C	CS	Elizabeth
		Cycle	C		
	8:30am	Zumba		GX	Silvia
	8:30am	Nia	C	MB	Robin
	9:00am	Aqua Flow (45min)	AQ	AQ	Julie
	9:00am	Circuits 101	C-S	FC	Joe
	9:30am	Zumba	С	GX	Gaby
>	9:30am	Physique Fusion	C-S	MB	Cayte
Monday	9:30am	Cycle	С	CS	Mary
õ	10:30am	Forever Fit	C-S	GX	Cathleen
ž	10:30am	Equilibrium	MB	MB	Angie
	11:00am	Aqua Fit	AQ	AQ	Julie
	11:30am	Yoga	MB	MB	Nancy L.
	4:30pm	Zumba	С	GX	Heather Z.
	5:30pm	Zumba	С	GX	Meghan
	5:30pm	Yoga	MB	MB	Nancy L.
	6:00pm	Cycle	С	CS	Renee K.
	6:15pm	Aqua Power Deep	AQ	AQ	Julie
	6:30pm	Sculpting	S	GX	Meghan
	6:30pm	Insanity	С	MB	Lehman
	6:00am	Circuit Training	C-S	GX	Paige
	8:30am	20/20/20	C-S	GX	Lynda
	8:30am	Pilates	MB	MB	Kristin
	9:30am	Tabata	C-S	GX	Lynda
	9:30am	Yoga	MB	MB	Becky
	9:30am	Cycle	С	CS	Laurie
	9:30am	Agua Power	AQ	AQ	Julie
	10:30am	Energy Sculpt	C-S	GX	Meghann
>	10:30am	Everlasting Strength	S	MB	Cathleen
sday	11:00am	Aqua Fit	AQ	AQ	Stephanie
es	11:30am	Beginning Yoga	MB	MB	Stacia
Tue	2:15pm	Aqua Flow	AQ	AQ	Julie
	5:00pm	Abs Class (30min)	S	GX	Cindy
	5:30pm	Turbo Kick	c	GX	Cindy
	5:30pm	Yoga	MB	MB	Josie
	5:30pm	Cycle	C	CS	Mary
	6:30pm	R.I.P.P.E.D.	C-S	GX	Clara
	6:30pm	Strength PiYo	MB	MB	Cindy
	7:30pm	Kettlebell	S	GX	Paul
	7:30pm		MB	MB	Maria
	7.500111	Yoga	IVID	IVID	IVIdiid
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	Time	Class	Emphasis	Studio	Instructor
	6.00	la se altra		CV	A
	6:00am	Insanity	С	GX	Ashley
	6:00am	Yoga	MB	MB	Nancy L.
	6:00am	Cycle	С	CS	Alvin
	8:30am	Nia	С	MB	Robin
	8:30am	Sculpting	S	GX	Mary
	9:00am	Aqua Flow (45min)	AQ	AQ	Julie
	9:00am	Circuits 101	C-S	FC	Joe
	9:30am	Turbo Kick	C	GX	Clara
	9:30am	Physique Fusion	C-S	MB	Cayte
Wednesday	9:30am	Cycle	С	CS	Jamie
	10:30am	Booty Barre	C-S	MB	Missy
	10:30am	Forever Fit	C-S	GX	Leigh
	11:00am	Agua Fit	AQ	AQ	Julie
	11:30am	Yoga	MB	MB	Julie
	1:45pm	Aquatic Tai Chi	AQ	AQ	Stephanie
	4:30pm	Zumba	C	GX	Laura
	5:30pm	Zumba	С	GX	Heather M.
	5:30pm	Yoga	MB	MB	Nancy L.
	6:00pm	Cycle	С	CS	Steve
	6:15pm	Aqua Power Deep	AQ	AQ	Stephanie
	6:30pm	Insanity	С	GX	April
	6:30pm	Booty Barre	S	MB	Catelyn
	7:30pm	Beg. Ballroom/Latin/Swing	C	GX	Elena
	8:30pm	Int. Ballroom/Latin/Swing	С	GX	Elena
	6:00am	Circuit Training	C-S	GX	Paige
	8:30am	20/20/20	C-S	GX	Nancy T.
٨٤	8:30am	Pilates	MB	MB	Stacia
	9:30am	Tabata	С	GX	Kim V.
	9:30am	Cycle	С	CS	Steve
	9:30am	•	MB	MB	Stacia
		Yoga Duga Dafiniting			
	10:30am	Pure Definition	C-S	GX	Kim V.
da	10:30am	Everlasting Strength	S	MB	Cathleen
ırsda	11:00am	Everlasting Strength Aqua Fit	AQ	AQ	Cathleen Stephanie
hursda					
Thursday	11:00am	Aqua Fit	AQ	AQ	Stephanie
Thursda	11:00am 11:30am 2:15pm	Aqua Fit Beg. Yoga Aqua Flow	AQ MB AQ	AQ MB AQ	Stephanie Emily Stephanie
Thursda	11:00am 11:30am 2:15pm 5:30pm	Aqua Fit Beg. Yoga Aqua Flow R.I.P.P.E.D	AQ MB AQ C-S	AQ MB AQ GX	Stephanie Emily Stephanie Meghan
Thursda	11:00am 11:30am 2:15pm 5:30pm 5:30pm	Aqua Fit Beg. Yoga Aqua Flow R.I.P.P.E.D Yoga	AQ MB AQ C-S MB	AQ MB AQ GX MB	Stephanie Emily Stephanie Meghan Lesley
Thursda	11:00am 11:30am 2:15pm 5:30pm 5:30pm 5:30pm	Aqua Fit Beg. Yoga Aqua Flow R.I.P.P.E.D Yoga Cycle	AQ MB AQ C-S MB C	AQ MB AQ GX MB CS	Stephanie Emily Stephanie Meghan Lesley Shelley
Thursda	11:00am 11:30am 2:15pm 5:30pm 5:30pm 5:30pm 6:30pm	Aqua Fit Beg. Yoga Aqua Flow R.I.P.P.E.D Yoga Cycle Zumba	AQ MB AQ C-S MB C C	AQ MB AQ GX MB CS MB	Stephanie Emily Stephanie Meghan Lesley Shelley Haley
Thursda	11:00am 11:30am 2:15pm 5:30pm 5:30pm 5:30pm	Aqua Fit Beg. Yoga Aqua Flow R.I.P.P.E.D Yoga Cycle	AQ MB AQ C-S MB C C C S	AQ MB AQ GX MB CS MB GX	Stephanie Emily Stephanie Meghan Lesley Shelley
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Thursda	11:00am 11:30am 2:15pm 5:30pm 5:30pm 6:30pm 6:30pm	Aqua Fit Beg. Yoga Aqua Flow R.I.P.P.E.D Yoga Cycle Zumba Kettlebell	AQ MB AQ C-S MB C C C S	AQ MB AQ GX MB CS MB GX	Stephanie Emily Stephanie Meghan Lesley Shelley Haley Paul
Thursda	11:00am 11:30am 2:15pm 5:30pm 5:30pm 6:30pm 6:30pm	Aqua Fit Beg. Yoga Aqua Flow R.I.P.P.E.D Yoga Cycle Zumba Kettlebell	AQ MB AQ C-S MB C C C S	AQ MB AQ GX MB CS MB GX	Stephanie Emily Stephanie Meghan Lesley Shelley Haley Paul
Thursda	11:00am 11:30am 2:15pm 5:30pm 5:30pm 6:30pm 6:30pm 7:30pm 6:00am	Aqua Fit Beg. Yoga Aqua Flow R.I.P.P.E.D Yoga Cycle Zumba Kettlebell Yoga Yoga	AQ MB AQ C-S MB C C C C S MB MB	AQ MB GX MB CS MB GX MB	Stephanie Emily Stephanie Meghan Lesley Shelley Haley Paul Steve Steve
Thursda	11:00am 11:30am 2:15pm 5:30pm 5:30pm 6:30pm 6:30pm 7:30pm 6:00am	Aqua Fit Beg. Yoga Aqua Flow R.I.P.P.E.D Yoga Cycle Zumba Kettlebell Yoga Yoga Tabata	AQ MB AQ C-S MB C C S MB MB MB C	AQ MB AQ GX MB CS MB GX MB MB	Stephanie Emily Stephanie Meghan Lesley Shelley Paul Steve Steve Nancy L. Courtney
Thursda	11:00am 11:30am 2:15pm 5:30pm 5:30pm 6:30pm 6:30pm 7:30pm 6:00am 6:00am	Aqua Fit Beg. Yoga Aqua Flow R.I.P.P.E.D Yoga Cycle Zumba Kettlebell Yoga Yoga Tabata Cycle	AQ MB AQ C-S MB C C S MB MB MB C MB	AQ MB AQ GX MB GX GX MB GX MB	Stephanie Emily Stephanie Meghan Lesley Shelley Paul Steve Steve Nancy L. Courtney Mary
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Friday Thursda	11:00am 11:30am 2:15pm 5:30pm 5:30pm 6:30pm 6:30pm 7:30pm 6:00am 6:00am 6:00am 8:30am 8:30am 9:00am	Aqua FitBeg. YogaAqua FlowR.I.P.P.E.DYogaCycleZumbaKettlebellYogaYogaTabataCycleSculptingZumbaAqua Flow (45min)	AQ MB AQ C-S MB C S MB MB C MB C MB C MB C C MB C C AQ	AQ MB AQ GX MB GX MB GX MB GX CS GX GX MB	Stephanie (Stephanie (Meghan (Lesley (Shelley (Haley (Paul (Steve (Nancy L, (Courtney (Mary (Leigh (Rocio (Julie ())))
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Friday	11:00am 11:30am 2:15pm 5:30pm 5:30pm 6:30pm 6:30pm 6:30pm 6:00am 8:00am 9:00am 9:00am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am	Aqua FitBeg. YogaAqua FlowR.I.P.P.E.DYogaCycleZumbaKettlebellYogaTabataCycleSculptingZumbaAqua Flow (45min)ZumbaKettlebellYogaJumbaAqua Flow (45min)PilatesAqua FitYoga (85min)Total Conditioning (70min)	AQ MB AQ C-S MB C S MB C MB C C MB C C S C C S MB AQ AQ MB AQ AQ C S	AQ MB AQ GX MB GX MB GX CS GX MB GX CS GX MB GX CS GX MB AQ CS GX MB	Stephanie Stephanie Stephanie Meghan Lesley Shelley Shalley Paul Steve Mary Leigh Rocio Julie Paul Steve Julie Lynda Lynda Christine
Friday	11:00am 11:30am 2:15pm 5:30pm 5:30pm 6:30pm 6:30pm 6:30pm 6:30pm 6:00am 8:00am 9:00am 9:00am 9:30am 9:30am 9:30am 10:30am 10:30am 10:30am 10:30am 10:30am 10:30am 8:00am	Aqua FitBeg. YogaAqua FlowR.I.P.P.E.DYogaCycleZumbaKettlebellYogaTabataCycleSculptingZumbaAqua Flow (45min)ZumbaKettlebellCycleSculptingJumbaAqua Flow (45min)PilatesAqua FitYoga (85min)Total Conditioning (70min)Aqua Boot Camp	AQ MB AQ C-S MB C S MB C MB C C MB C C S C-S MB AQ MB AQ MB	AQ MB AQ GX MB GX MB GX CS GX MB AQ MB GX CS GX MB AQ MB AQ CS GX MB	Stephanie (Stephanie (Meghan (Lesley (Haley (Paul (Steve (Nancy L. (Courtney (Mary (Leigh (Kocio (Julie (Paul (Steve (Cathleen (Lynda (Lynda (Julie () () (Julie () () () () () () () () () () () () ()
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• All members are welcome to all classes • Schedule subject to change without notice

C-S - Cardio-Strength Combo

GX - Group Exercise Studio MB - Mind/Body Studio

S - Strength

CS - Cycle Studio

Additional Group Ex Notes

FC - Fitness Center AQ - Indoor Pool

Studio

Contact: Brooke McGee, 314-442-3210, bmcgee@jccstl.org

AQ - Aqua Fitness

Staenberg Family Complex – Group Ex Class Descriptions

20/20/20: 20/20/20 is designed to give you the ultimate challenge and total body workout - 20 minutes each of cardio, strength training and stretching/core work.

Abs Class: Work your core with a blast of conditioning exercises to enhance your abdominal definition and stability.

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

Booty Barre®: This energetic, fun workout fuses fitness techniques from Dance, Pilates, and Yoga to tone, define and chisel the whole body. It combines strength and flexibility with added cardio to burn fat fast.

Circuits 101: A circuit training class lead by a personal trainer using machines on the fitness floor.

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.

Energy Sculpt: High intense cardio, strength & muscle endurance format. Using a variety of equipment to challenge your full body.

Equilibrium: A fusion class combining Yoga, Pilates, Tai Chi and dance. There is an emphasis on optimal alignment for a fuller and safer experience.

Everlasting Strength: A low-intensity strength and endurance class; builds stability, mobility, balance & flexibility.

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.

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.

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

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.

Pure Definition: Total body workout for all fitness levels using dumbbells, body bars and stability balls. Leads to improved strength and muscular tone for a lean and 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.

*Strength PiYo*TM: This is all about strength training and core conditioning for people who want to create sculpted abs, increased core strength and greater stability!

Tabata: An intense interval training class that follows a specific timed format.

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.

TurboKick: 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.

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

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.