2020 Jan-May Fitness & Aquatics Group Ex Schedule*

Staenberg Family Comp Bold RED text indicates new class, new

	Time	Class	Emphasis	s Studio	Instructo
	8:00am	Extreme Conditioning	C-S	GX	Maurice
	8:15am	Cycle	C	CS	Candice
	9:00am	Triple S (70m)	C-S	GX	Kevin
	9:20am	Cycle	C	CS	Maurice
ב	9:30am	Pilates	MB	MB	Lynda
5			C-S	GX	Maurice
0	10:30am	Extreme Conditioning Pure Definition	C-S	-	
	10:30am			MB	Lynda
	11:30am	Hatha Yoga - Level 2-3 (90m)		MB	Maria
	11:45am	Zumba	С	GX	Echo
	C+00am	Liatha Vaga Laval 1.2	MD	NAD	Stove D
	6:00am	Hatha Yoga - Level 1-2	MB	MB	Steve R.
	6:00am	H.I.I.T.	C	GX	Patty
	6:00am	AM Express Cycle (45m)	С	CS	Sarah
	8:30am	Zumba	C	GX	Ana
	8:30am	Cardio Sculpt	C-S	MB	Ali
	9:00am	Aqua Flow (45m)	F-S	AQ	Julie
	9:30am	Zumba	С	GX	Gaby
	9:30am	Barre Fusion	C-S	MB	Cayte
	9:30am	Express Cycle (45m)	С	CS	Mary H.
	10:30am	Forever Fit	C-S	GX	Cathleen
ζ	10:30am	Turbo Kick	С	MB	Jill
ļ	11:00am	Aqua Fit	C-S	AQ	Julie
5	11:30am	Simply Stretching (45m)	F	GX	Leigh
≥	11:30am	Vinyasa Yoga - Level 1-2	MB	MB	Nancy L.
	12:15pm	T'ai Chi	MB	GX	Shelley
			MB	GX	
	1:30pm	Chair Yoga			Lynda
	4:30pm	Zumba	C	GX	Eileen
	5:30pm	Zumba	С	GX	Rocio
	5:30pm	Vinyasa Yoga - Level 1-2	MB	MB	Nancy L.
	6:00pm	Cycle	С	CS	Leslie K.
	6:15pm	Aqua Power Deep	C-S	AQ	Stephanie
	6:30pm	Sculpting	S	GX	Ryan
		P90X	<u> </u>		Ashley
	6:30pm	PSUA	C-S	MB	1
	·				
	6:00am	Circuit Training	C-S	GX	Ashley
	6:00am 6:00am	Circuit Training Barre Fusion		GX MB	Ashley Patty
	6:00am	Circuit Training Barre Fusion Cycle	C-S C-S C	GX MB CS	Ashley Patty Mary H.
	6:00am 6:00am	Circuit Training Barre Fusion	C-S C-S	GX MB	Ashley Patty
	6:00am 6:00am 6:00am	Circuit Training Barre Fusion Cycle	C-S C-S C	GX MB CS	Ashley Patty Mary H.
	6:00am 6:00am 6:00am 7:00am	Circuit Training Barre Fusion Cycle Stretch & Roll (30min)	C-S C-S C	GX MB CS MB	Ashley Patty Mary H. Patty
	6:00am 6:00am 6:00am 7:00am 8:30am	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning	C-S C-S C F S	GX MB CS MB GX	Ashley Patty Mary H. Patty Valerie
	6:00am 6:00am 6:00am 7:00am 8:30am 8:30am	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates	C-S C-S C F S MB	GX MB CS MB GX MB	Ashley Patty Mary H. Patty Valerie Kristin
	6:00am 6:00am 6:00am 7:00am 8:30am 8:30am 9:30am	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove	C-S C-S C F S MB C-S	GX MB CS MB GX MB GX	Ashley Patty Mary H. Patty Valerie Kristin Angela
	6:00am 6:00am 6:00am 7:00am 8:30am 8:30am 9:30am 9:30am	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2	C-S C-S C F S MB C-S MB	GX MB CS MB GX MB GX MB	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky
	6:00am 6:00am 6:00am 7:00am 8:30am 8:30am 9:30am 9:30am 9:30am 9:30am	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp	C-S C-S C F S MB C-S MB C C-S	GX MB CS MB GX MB GX MB CS AQ	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie
DAY	6:00am 6:00am 6:00am 7:00am 8:30am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch	C-S C-S F S MB C-S MB C C-S C-S C-S	GX MB CS MB GX MB GX MB CS AQ MB	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh
ESUAT	6:00am 6:00am 6:00am 7:00am 8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit	C-S C-S F S MB C-S MB C C-S C-S C-S C-S	GX MB CS MB GX MB GX MB CS AQ MB GX	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen
UESUAT	6:00am 6:00am 6:00am 7:00am 8:30am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit	C-S C-S F S MB C-S MB C C-S C-S C-S C-S C-S	GX MB CS MB GX MB CS AQ MB GX AQ	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie
IUESDAY	6:00am 6:00am 6:00am 7:00am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m)	C-S C-S F S MB C-S MB C C-S C-S C-S C-S C-S MB	GX MB CS MB GX MB CS AQ MB GX AQ MB	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia
IUESDAY	6:00am 6:00am 6:00am 7:00am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow	C-S C-S C F S MB C-S C-S C-S C-S C-S C-S MB F-S	GX MB CS MB GX MB CS AQ MB GX AQ MB AQ	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie
IUESUAT	6:00am 6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am 11:30am 4:30pm	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow	C-S C-S C F S MB C-S MB C C-S C-S C-S C-S C-S MB F-S C-S	GX MB CS MB GX MB CS AQ MB GX AQ MB AQ GX	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stacia Julie Cindy
IUESDAY	6:00am 6:00am 6:00am 8:30am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:30am 2:15pm 4:30pm	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow PiYo Vinyasa Yoga - Level 2-3	C-S C-S C F S MB C-S C-S C-S C-S C-S C-S MB F-S C-S MB	GX MB CS MB GX MB CS AQ MB GX AQ MB AQ GX MB	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie Cindy Abby
IUESUAT	6:00am 6:00am 6:00am 7:00am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am 11:30am 4:30pm 4:30pm 5:30pm	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow PiYo Vinyasa Yoga - Level 2-3 Mindful Meditation/Restoration	C-S C-S F S MB C-S C-S C-S C-S C-S C-S C-S MB F-S C-S MB tive Yoga	GX MB CS MB GX MB GX AQ MB GX AQ MB AQ GX MB MB/MB	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie Cindy Abby Abby
IUESDAY	6:00am 6:00am 6:00am 7:00am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am 11:00am 4:30pm 4:30pm 5:30pm	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow PiYo Vinyasa Yoga - Level 2-3 Mindful Meditation/Restoration	C-S C-S F S MB C-S C-S C-S C-S C-S C-S C-S MB F-S C-S MB tive Yoga C	GX MB CS MB GX MB GX MB CS AQ MB GX AQ MB GX MB MB/MB GX	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie Cindy Abby Cindy
IUESUAT	6:00am 6:00am 6:00am 7:00am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am 11:30am 4:30pm 4:30pm 5:30pm	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow PiYo Vinyasa Yoga - Level 2-3 Mindful Meditation/Restoration	C-S C-S F S MB C-S C-S C-S C-S C-S C-S C-S MB F-S C-S MB tive Yoga	GX MB CS MB GX MB GX AQ MB GX AQ MB AQ GX MB MB/MB	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie Cindy Abby Abby
ICEDIAT	6:00am 6:00am 6:00am 7:00am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am 11:00am 4:30pm 4:30pm 5:30pm	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow PiYo Vinyasa Yoga - Level 2-3 Mindful Meditation/Restoration	C-S C-S F S MB C-S C-S C-S C-S C-S C-S C-S MB F-S C-S MB tive Yoga C	GX MB CS MB GX MB GX MB CS AQ MB GX AQ MB GX MB MB/MB GX	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie Cindy Abby Cindy
IUESUAT	6:00am 6:00am 6:00am 7:00am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am 11:00am 4:30pm 5:30pm 5:30pm 6:00pm	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow PiYo Vinyasa Yoga - Level 2-3 Mindful Meditation/Restorat Turbo Kick Cycle	C-S C-S MB C-S MB C-S C-S C-S C-S C-S C-S MB F-S C-S MB tive Yoga C C	GX MB CS MB GX MB CS AQ MB GX AQ MB AQ GX MB MB/MB GX CS	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie Cindy Abby Cindy Mary H.
ICCUAT	6:00am 6:00am 6:00am 8:00am 9:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am 11:00am 41:30pm 4:30pm 5:30pm 6:00pm 6:30pm	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow PiYo Vinyasa Yoga - Level 2-3 Mindful Meditation/Restorat Turbo Kick Cycle Total Conditioning	C-S C-S F S MB C-S C-S C-S C-S C-S C-S C-S MB F-S C-S MB tive Yoga C C C S	GX MB CS MB GX MB CS AQ MB GX AQ MB AQ GX AQ GX MB MB/MB GX CS MB	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stephanie Stacia Julie Cindy Abby Cindy Mary H. Clara
IUESUAT	6:00am 6:00am 6:00am 8:00am 9:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am 11:00am 41:00am 41:30pm 5:30pm 5:30pm 6:00pm 6:30pm	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow PiYo Vinyasa Yoga - Level 2-3 Mindful Meditation/Restoration Turbo Kick Cycle Total Conditioning Cardio Groove	C-S C-S C F S MB C-S C-S C-S C-S C-S C-S C-S MB F-S C-S MB tive Yoga C C C S C-S C-S C-S C-S	GX MB CS MB GX MB CS AQ MB GX AQ MB AQ GX AQ GX MB MB/MB GX CS MB GX	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stacia Julie Cindy Abby Abby Cindy Mary H. Clara Meghan
IUESDAY	6:00am 6:00am 6:00am 8:00am 9:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 10:30am 11:00am 11:00am 11:00am 4:30pm 4:30pm 5:30pm 6:30pm 6:30pm 7:30pm	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow PiYo Vinyasa Yoga - Level 2-3 Mindful Meditation/Restorat Turbo Kick Cycle Total Conditioning Cardio Groove	C-S C-S C MB C-S MB C-S C-S C-S C-S C-S C-S MB F-S C-S MB tive Yoga C C C C C C C C C C C C C C C C C C C	GX MB CS MB GX MB GX AQ MB GX AQ MB AQ GX MB MB/MB GX CS MB GX CS MB	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stacia Julie Cindy Abby Cindy Mary H. Clara Meghan Ryan
Ph.	6:00am 6:00am 6:00am 8:00am 9:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 10:30am 11:00am 11:00am 11:00am 11:30am 2:15pm 4:30pm 5:30pm 5:30pm 6:30pm 6:30pm 7:30pm	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow PiYo Vinyasa Yoga - Level 2-3 Mindful Meditation/Restorat Turbo Kick Cycle Total Conditioning Cardio Groove	C-S C-S C MB C-S MB C-S C-S C-S C-S C-S C-S MB F-S C-S MB tive Yoga C C C C C C C C C C C C C C C C C C C	GX MB CS MB GX MB GX AQ MB GX AQ MB GX AQ GX MB MB/MB GX CS MB MB/MB GX CS MB	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stacia Julie Cindy Abby Cindy Mary H. Clara Meghan Ryan
Emph.	6:00am 6:00am 6:00am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 10:30am 11:00am 11:00am 11:30am 2:15pm 4:30pm 5:30pm 5:30pm 6:00pm 6:30pm 7:30pm 7:30pm	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow PiYo Vinyasa Yoga - Level 2-3 Mindful Meditation/Restoration Turbo Kick Cycle Total Conditioning Cardio Groove Total Conditioning Hatha Yoga - Level 1-2	C-S C-S C MB C-S MB C C-S C-S C-S C-S C-S MB F-S C-S MB tive Yoga C C C C S MB tive Yoga C C S MB	GX MB CS MB GX MB GX MB CS AQ MB GX AQ MB GX AQ GX MB MB/MB GX CS MB MB/MB GX CS MB MB/MB GX CS MB	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stacia Julie Cindy Abby Cindy Mary H. Clara Meghan Ryan
Emph.	 6:00am 6:00am 6:00am 6:00am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am 4:30pm 4:30pm 5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 7:30pm 	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow PiYo Vinyasa Yoga - Level 2-3 Mindful Meditation/Restoration Turbo Kick Cycle Total Conditioning Cardio Groove Total Conditioning Hatha Yoga - Level 1-2	C-S C-S F S MB C-S MB C-S C-S C-S C-S MB F-S C-S MB tive Yoga C C C C C S MB tive Yoga C C S MB tive Yoga C C S MB C C S MB C C S MB C C S MB C C S MB C S C S MB C S C S C S C S C S C S C S C S C S C	GX MB CS MB GX MB GX MB CS AQ MB GX AQ MB GX AQ GX MB MB/MB GX CS MB MB/MB GX CS MB MB/MB GX CS MB	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stacia Julie Cindy Abby Cindy Mary H. Clara Meghan Ryan
dio Emph.	 6:00am 6:00am 6:00am 6:00am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am 4:30pm 4:30pm 5:30pm 5:30pm 6:00pm 6:30pm 6:30pm 7:30pm 7:30pm 	Circuit Training Barre Fusion Cycle Stretch & Roll (30min) Total Conditioning Pilates Cardio Groove Vinyasa Yoga - Level 1-2 Cycle Swim Boot Camp Cardio Sculpt & Stretch Forever Fit Aqua Fit Gentle Yoga (75m) Aqua Flow PiYo Vinyasa Yoga - Level 2-3 Mindful Meditation/Restorat Turbo Kick Cycle Total Conditioning Cardio Groove Total Conditioning Hatha Yoga - Level 1-2 C-S - Cardio & Strength ity F - Flexibility & Strength	C-S C-S C F S MB C-S MB C C-S C-S C-S C-S MB F-S C-S MB tive Yoga C C C C S MB tive Yoga C C S MB tive Yoga C S C-S MB tive Yoga C S C-S S MB C S C-S S MB C S C-S S MB C S C-S S C-S S C-S S MB C C-S S C-S S C-S S C-S S C-S S C-S S C-S S C-S S C-S S C-S S C-S S C-S S C-S S C-S S C-S S C-S S C-S S C-S C-	GX MB CS MB GX MB GX MB CS AQ MB GX AQ MB GX AQ GX MB MB/MB GX CS MB MB/MB GX CS MB MB/MB GX CS MB	Ashley Patty Mary H. Patty Valerie Kristin Angela Becky Laurie Julie Leigh Cathleen Stacia Julie Cindy Abby Cindy Mary H. Clara Meghan Ryan

		creve Coeur			
Tim		Class	Emphasis	Studio	Instructor
6:00	Dam	Н.І.І.Т.	C-S	GX	Elgin
6:00		Hatha Yoga - Level 2-3	MB	MB	Lesley
6:00		AM Express Cycle (45m)	C	CS	Sarah
8:30 8:30		Cardio Sculpt Zumba	C-S C	GX MB	Elgin
9:00		Aqua Flow (45m)	F-S	AQ	Leslie S. Julie
9:30		Turbo Kick	C	GX	Clara
9:30		Barre Fusion	C-S	MB	Leigh
9:30	Dam	Cycle	С	CS	Jamie
10:3	30am	R.I.P.P.E.D.	C-S	MB	Clara
10:3	30am	Forever Fit	C-S	GX	Leigh
11:0	00am	Aqua Fit	C-S	AQ	Julie
	30am	Vinyasa Yoga - Level 1-2	MB	MB	Julie
	L5pm	T'ai Chi	MB	GX	Shelley S.
1:45	•	Aquatic Tai Chi	F-S	AQ	Stephanie
5:30	•	Zumba	C MB	GX MB	Heather C.
6:00)pm	Hatha Yoga - Level 2-3 Cycle	С	CS	Joy Leslie K.
6:15	•	Aqua Power Deep	C-S	AQ	Stephanie
6:30	•	Pound	C	GX	Jennifer
6:30	•	Pilates	MB	MB	Amber
7:30	•	Zumba	C	MB	Laura
7:30	•	Beg. Ballroom/Latin/Swing	С	GX	Elena
8:30)pm	Int. Ballroom/Latin/Swing	С	GX	Elena
6:00	Dam	Н.І.І.Т.	С	GX	Patty
6:00	Dam	Cycle	С	CS	Mary H.
	0am	Stretch & Roll (30min)	F	MB	Patty
8:30		Step Intervals	C-S	GX	Nancy T.
8:30		Pilates	MB	MB	Stacia
9:30		Tabata	C	GX	Kim V.
9:30		Cycle	C	CS	Laurie
9:30	Jam 30am	Hatha Yoga - Level 1-2 Pure Definition	MB C-S	MB MB	Stacia Kim V.
	30am	Forever Fit	C-S	GX	Cathleen
)0am	Aqua Fit	C-S	AQ	Stephanie
	30am	Simply Stretching (45m)	F	GX	Leigh
	30am	Gentle Yoga (75m)	MB	MB	Emily
2.10					·
2.13	5pm	Aqua Flow	F-S	AQ	Stephanie
4:30	•	Aqua Flow PiYo	F-S C-S	AQ GX	Stephanie Cindy
	Dpm	•	C-S		Cindy
4:30 4:30	Dpm	PiYo	C-S	GX	Cindy
4:30 4:30)pm)pm)pm	PiYo Mindful Meditation/Restorati R.I.P.P.E.D Hatha Yoga - Level 2-3	C-S ve Yoga C-S MB	GX MB/MB GX MB	Cindy Lesley
4:30 4:30 5:30 5:30 6:00)pm)pm)pm)pm)pm	PiYo Mindful Meditation/Restorati R.I.P.P.E.D Hatha Yoga - Level 2-3 Cycle	C-S ve Yoga C-S MB C	GX MB/MB GX MB CS	Cindy Lesley Clara Lesley James
4:30 4:30 5:30 5:30 6:00 6:30)pm)pm)pm)pm)pm)pm	PiYo Mindful Meditation/Restoration R.I.P.P.E.D Hatha Yoga - Level 2-3 Cycle Zumba	C-S ve Yoga C-S MB C C	GX MB/MB GX MB CS MB	Cindy Lesley Clara Lesley James Haley
4:30 4:30 5:30 5:30 6:00 6:30)pm)pm)pm)pm)pm)pm	PiYo Mindful Meditation/Restoration R.I.P.P.E.D Hatha Yoga - Level 2-3 Cycle Zumba Kettlebell	C-S ve Yoga C-S MB C C C S	GX MB/MB GX MB CS MB GX	Cindy Lesley Clara Lesley James Haley Elgin
4:30 4:30 5:30 5:30 6:00 6:30)pm)pm)pm)pm)pm)pm	PiYo Mindful Meditation/Restoration R.I.P.P.E.D Hatha Yoga - Level 2-3 Cycle Zumba	C-S ve Yoga C-S MB C C	GX MB/MB GX MB CS MB	Cindy Lesley Clara Lesley James Haley
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Reserving a spot for other members is not permitted.

• Schedules subject to change without notice

All participants should sign-in prior to beginning of class

• For class cancellations and sub information, check jccstl.org Late arrivals are not permitted in class after 10 minutes

Questions? Priscilla Westbrooks

Notes

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pwestbrooks@jccstl.org or 314.442.3210 *Updated 1/3/20

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: 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. (Includes *AM Express Cycle*)

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

Forever Balanced: Improve key elements of balance, including strength, posture and coordination. Class is performed both standing and seated, using body weight, dumbbells, resistance bands and other equipment.

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 combining cardio and building muscle.

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

P90X: Total-body strength and conditioning class for anyone looking to get lean, toned and fit! This motivating, results-driven workout burns calories and builds muscle using light to moderate weights. It's perfect for all fitness levels and can be modified so everyone can participate.

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.

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.

Stretch and Roll: Utilizes a foam roller to improve flexibility, balance and core strength; and myofascial release therapy targeting tight muscles.

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

T'ai Chi: This graceful form of exercise involves a series of movements performed in a slow, focused manner and is accompanied by deep breathing.

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.

See what Yoga class is right for you!

Choose a suitable level for your yoga skills as you start your practice or further your abilities. Yoga builds strength, boosts flexibility and increases balance through breathing techniques and postures.

Chair Yoga: This gentle/beginner's class is practiced while sitting on a chair or standing using a chair for support. It is intended for those with mobility issues and who are looking to improve their balance and increase range of motion.

Gentle Yoga: Build your foundation in this class which is also gentle enough to attend multiple times a week, should you choose. You'll learn the basic poses and how they are beneficial.

Hatha Yoga, Level 1-2: A beginner to intermediate class which introduces additional basic postures with some longer durations. You'll focus on proper breathing and movements and should leave class feeling longer, looser, and more relaxed.

Hatha Yoga, Level 2-3: You should leave this class feeling challenged as this intermediate to advanced level will continue your practice of mastering most basic yoga postures, as well as more dynamic and complex ones – may include arm balances, deep backbends and inversions.

Mindful Meditation/Restorative Yoga: Combination class that blends guided meditation with Restorative Yoga. Restorative teaches you to feel, rather than rushing through poses from breath to breath. It cultivates a powerful inner awareness. Class includes 5-10 postures, held for up to five minutes each.

Vinyasa Yoga, Level 1-2: This track of yoga introduces the idea of flowing between poses, while you work your cardiovascular system. You'll be introduced to smooth transitions as you link breath to movement at this beginner to intermediate level. Routines will vary regularly and should test you physically.

Vinyasa Yoga, Level 2-3: This intermediate to advanced class flows quickly between poses and may include more complex postures, such as arm balances, deep backbends, inversions and variations of shoulder stand. Intended for those with a regular vinyasa and pranayama (breathing) practice who are looking to further develop their practice.

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 Group Classes

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.

Swim 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.

Updated 1/3/20