

2020 June Fitness Group Ex Schedule*

Staenberg Family Complex - Creve Coeur

Day	Time	Class	Instructor
Monday	6:00am	H.I.I.T.	Patty
	7:30am	Pilates	Lynda
	4:30pm	Forever Fit	Cathleen
	6:00pm	Strong Nation	Echo
Tuesday	6:00am	Barre	Patty
	7:30am	Zumba	Gaby
	4:30pm	Turbo Kick	Cindy
	6:00pm	Zumba	Mary M.
Wednesday	6:00am	Strength & Mobility	Val
	7:30am	Stretch	Val
	4:30pm	Forever Fit	Leigh
	6:00pm	Pound	Jennifer
Thursday	6:00am	H.I.I.T.	Patty
	7:30am	Zumba	Gaby
	4:30pm	Tabata	Malinda
	6:00pm	Zumba	Melanie
Friday	6:00am	Total Conditioning	Elise
	7:30am	Insanity	Ashley
Saturday	8:30am	Turbo Kick	Clara
	11:30am	Zumba	Jody
Sunday	7:30am	Poolside Yoga	MK
	8:30am	Total Conditioning	Clara
	11:30am	Stretch	Leigh

Note:
All classes will be held in the Gym

Important Class Notes - Please Read

- Classes will be limited to nine participants
- Members must reserve their spot for classes online
- Members can RSVP up to 48 hours in advance until one hour before class begins
- Participants should maintain at least six feet from others in class
- Participants will need to bring their own mat if taking a class that requires one
- Participants will need to bring their own water bottle and towel. Water fountains cannot be used per county guidelines
- All classes are subject to change