## 2020 Fall Fitness Group Ex Schedule\*

## **Staenberg Family Complex - Creve Coeur**

Day				
Bay	Time	Class	Instructor	Location
Monday	6:00am	H.I.I.T.	Patty	Gym
	7:00am	Vinyasa Yoga L2-3	Lesley H.	Gym
	7:30am	Pilates	Lynda	GX Studio
	9:00am	Circuit Training	Joe R.	Gym
	9:00am	Aqua Fit	Stephanie	Indoor Pool
	11:00am	Aqua Fit	Stephanie	Indoor Pool
	11:30am	Forever Fit	Cathleen	GX Studio
	6:00pm	Strong Nation	Echo	Gym
	6:30pm	Hatha Yoga - L1-2	Nivi	GX Studio
Tuesday	6:00am	Barre	Patty	Gym
	7:30am	Zumba	Gaby	Gym
	9:00am	Aqua Fit	Heather	Indoor Pool
	4:30pm	Turbo Kick	Cindy	Gym
	6:00pm	Zumba	Mary M.	Gym
Wednesday	6:00am	Vinyasa Yoga L2-3	Lesley H.	Gym
	8:30am	Turbo Kick	Clara	GX Studio
	9:00am	Circuit Training	Joe R.	Gym
	9:00am	Aqua Fit	Stephanie	Indoor Pool
	11:30am	Forever Fit	Leigh	GX Studio
	6:00pm	Pound	Jennifer	Gym
	0.000111			•
	6.20nm	Hatha Voga 12-2	lov	GY Studio
-	6:30pm 7:30pm	Hatha Yoga L2-3 Cycle	Joy James	GX Studio Gym
-	7:30pm	Cycle	James	GX Studio Gym
	<b>7:30pm</b> 6:00am	Cycle H.I.I.T.	James Patty	<b>Gym</b> Gym
	7:30pm	Cycle	James Patty Gaby	Gym
	<b>7:30pm</b> 6:00am	Cycle H.I.I.T.	James Patty	<b>Gym</b> Gym
Thursday	<b>7:30pm</b> 6:00am 7:30am	Cycle H.I.I.T. Zumba	James Patty Gaby	<mark>Gym</mark> Gym Gym
	7:30pm 6:00am 7:30am 9:00am	Cycle H.I.I.T. Zumba Aqua Fit	James Patty Gaby Stephanie	Gym Gym Gym Indoor Pool
	7:30pm 6:00am 7:30am 9:00am 5:00pm	Cycle H.I.I.T. Zumba Aqua Fit Tabata (45min)	James Patty Gaby Stephanie Elise	Gym Gym Gym Indoor Pool Gym
Thursday	7:30pm 6:00am 7:30am 9:00am 5:00pm 6:00pm	Cycle H.I.I.T. Zumba Aqua Fit Tabata (45min) Zumba	James Patty Gaby Stephanie Elise Melanie	Gym Gym Gym Indoor Pool Gym Gym
Thursday	7:30pm 6:00am 7:30am 9:00am 5:00pm 6:00pm	Cycle H.I.I.T. Zumba Aqua Fit Tabata (45min) Zumba Total Conditioning	James Patty Gaby Stephanie Elise Melanie Elise	Gym Gym Gym Indoor Pool Gym Gym
Thursday	7:30pm 6:00am 7:30am 9:00am 5:00pm 6:00pm 6:00am 7:30am	Cycle H.I.I.T. Zumba Aqua Fit Tabata (45min) Zumba Total Conditioning Insanity	James Patty Gaby Stephanie Elise Melanie Elise Ashley	Gym Gym Gym Indoor Pool Gym Gym Gym
	7:30pm 6:00am 7:30am 9:00am 5:00pm 6:00pm 6:00am 7:30am 8:30am	Cycle H.I.I.T. Zumba Aqua Fit Tabata (45min) Zumba Total Conditioning Insanity Hatha Yoga (L1-2)	James Patty Gaby Stephanie Elise Melanie Elise Ashley Steve	Gym Gym Gym Indoor Pool Gym Gym Gym Gym
Thursday	7:30pm 6:00am 7:30am 9:00am 5:00pm 6:00pm 6:00am 7:30am 8:30am 9:00am	Cycle H.I.I.T. Zumba Aqua Fit Tabata (45min) Zumba Total Conditioning Insanity Hatha Yoga (L1-2) Cycle	James Patty Gaby Stephanie Elise Helanie Elise Steve Sarah	Gym Gym Indoor Pool Gym Gym Gym Gym GX Studio
Friday Thursday	7:30pm 6:00am 7:30am 9:00am 5:00pm 6:00pm 6:00am 7:30am 8:30am 9:00am	Cycle H.I.I.T. Zumba Aqua Fit Tabata (45min) Zumba Total Conditioning Insanity Hatha Yoga (L1-2) Cycle Aqua Fit Forever Fit	James Patty Gaby Stephanie Elise Melanie Elise Ashley Steve Sarah Stephanie	Gym Gym Indoor Pool Gym Gym Gym GX Studio Gym Indoor Pool
Friday Thursday	7:30pm 6:00am 7:30am 9:00am 6:00pm 6:00pm 7:30am 7:30am 8:30am 9:00am 9:00am 11:30am	Cycle H.I.I.T. Zumba Aqua Fit Tabata (45min) Zumba Total Conditioning Insanity Hatha Yoga (L1-2) Cycle Aqua Fit	James Patty Gaby Stephanie Elise Melanie Elise Ashley Steve Sarah Stephanie Cathleen	Gym Gym Indoor Pool Gym Gym Gym GX Studio Gym Indoor Pool GX Studio
Friday Thursday	7:30pm 6:00am 7:30am 9:00am 6:00pm 6:00pm 6:00am 7:30am 8:30am 9:00am 11:30am 8:00am	Cycle H.I.I.T. Zumba Aqua Fit Tabata (45min) Zumba Total Conditioning Insanity Hatha Yoga (L1-2) Cycle Aqua Fit Forever Fit	James Julie	Gym Gym Gym Indoor Pool Gym Gym Gym Gym GX Studio GX Studio GX Studio
Thursday	7:30pm 6:00am 7:30am 9:00am 6:00pm 6:00pm 7:30am 8:30am 9:00am 11:30am 8:00am 8:00am	Cycle H.I.I.T. Zumba Aqua Fit Tabata (45min) Zumba Total Conditioning Insanity Hatha Yoga (L1-2) Cycle Aqua Fit Forever Fit Aqua Boot Camp Turbo Kick	James James James Jaunes Jaunes Julie Clara	Gym Gym Indoor Pool Gym Gym Gym Gym GX Studio GX Studio GX Studio
Saturday Friday Thursday	7:30pm 6:00am 7:30am 9:00am 6:00pm 6:00pm 6:00am 7:30am 8:30am 9:00am 11:30am 8:30am 8:30am 11:30am	Cycle H.I.I.T. Zumba Aqua Fit Tabata (45min) Zumba Total Conditioning Insanity Hatha Yoga (L1-2) Cycle Aqua Fit Forever Fit Aqua Boot Camp Turbo Kick Cycle Zumba	James James James James James James James James James Julie	Gym Gym Gym Indoor Pool Gym Gym Gym Gym GX Studio GX Studio GX Studio GX Studio GX Studio GX Studio
Saturday Friday Thursday	7:30pm 6:00am 7:30am 9:00am 6:00pm 6:00pm 7:30am 8:30am 9:00am 11:30am 8:30am 11:30am 11:30am 11:30am	CycleH.I.I.T.ZumbaAqua FitTabata (45min)ZumbaTotal ConditioningInsanityHatha Yoga (L1-2)CycleAqua FitForever FitAqua Boot CampTurbo KickCycleZumbaTotal Conditioning	James James James Jaunes Jaunes Julie	Gym Gym Gym Gym Gym Gym Gym Gym GX Studio GX Studio GX Studio GX Studio Gym GX Studio Gym
Friday Thursday	7:30pm 6:00am 7:30am 9:00am 6:00pm 6:00pm 6:00am 7:30am 8:30am 9:00am 11:30am 8:30am 8:30am 11:30am	Cycle H.I.I.T. Zumba Aqua Fit Tabata (45min) Zumba Total Conditioning Insanity Hatha Yoga (L1-2) Cycle Aqua Fit Forever Fit Aqua Boot Camp Turbo Kick Cycle Zumba	James James James James James James James James James Julie	Gym Gym Gym Indoor Pool Gym Gym Gym Gym GX Studio GX Studio GX Studio GX Studio GX Studio GX Studio

Classes start on time. Members with reservations will have a five-minute grace period, after which we may fill open spaces.

\*\*Important Class Notes - <u>Please Read\*\*</u>

## \*All classes are subject to change

- Class spots must be reserved online. Reservations can be made up to 48 hours in advance until one hour prior to the class start time
- Classes in the gym have a limit of 9 participants; classes in the group exercise stiudio have a limit of 7
- If you cannot attend, reservations should be canceled 12 hours prior to class start time
- If you do not cancel and "no show" multiple times, your ability to reserve a spot may be restricted
- Late arrivals are not permitted in class after 10 minutes
- Participants need to remain 10 feet apart while in class
- Participants will need to bring their own water bottle, towel and mat (if class requires one)
- Masks must be worn at all times, even during exercise.
- Mask can only be removed when in the pool.