

2021 Winter Group Ex Schedule*

Staenberg Family Complex - Creve Coeur

Day	Time	Class	Instructor	Location
Monday	6:00am	H.I.I.T.	Patty	Gym
	7:00am	Vinyasa Yoga - L2-3	Lesley H.	Gym
	8:00am	Hatha Yoga - L2-3	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
	9:00am	Cycle	Leslie K.	Gym
	4:30pm	Turbo Kick	Cindy	Gym
	5:30pm	Mat Pilates (starts 2/2)	Amber	GX Studio
	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
	6:30pm	Hatha Yoga - L2-3	Joy	GX Studio
	7:30pm	Cycle	James	Gym
Thursday	6:00am	H.I.I.T.	Patty	Gym
	7:30am	Zumba	Gaby	Gym
	9:00	Kettlebell	Elgin	GX Studio
	9:00am	Aqua Fit	Stephanie	Indoor Pool
	5:00pm	Tabata (45min)	Elise	Gym
Friday	6:00am	Total Conditioning	Elise	Gym
	7:30am	Insanity	Ashley	Gym
	8:30am	Hatha Yoga - L1-2	Steve	GX Studio
	9:00am	Cycle	Sarah	Gym
	9:00am	Aqua Fit	Stephanie	Indoor Pool
	11:30am	Forever Fit	Cathleen	GX Studio
Saturday	8:00am	Aqua Boot Camp	Julie	Outdoor Field
	8:30am	Turbo Kick	Clara	Gym
	10:00am	Cycle	Susie D.	Gym
	11:30am	Zumba	Jody	Gym
Sunday	8:30am	Total Conditioning	Clara	Gym
	11:30am	Stretch	Leigh	GX Studio
	3:00pm	Cycle	Leslie K.	Gym

Red indicates new class, time and/or instructor.

Important Class Notes - Please Read

*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 15 participants; classes in the group exercise studio 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.

*updated 1/25/2021

