

2021 Summer Fitness & Aquatics Group Ex Schedule*

Staenberg Family Complex - Creve Coeur

Day	Time	Class	Instructor	Location
Sunday	8:30am	Total Conditioning	Clara	GX Studio
	8:15am	Daybreak	Julie	Outdoor Pool
	9:30am	Step	Kevin	GX Studio
	9:30am	Cycle	Maurice	Cycle Studio
	10:30am	Extreme Conditioning	Maurice	GX Studio
Monday	11:30am	Stretch	Leigh	MB Studio
	6:00am	H.I.I.T.	Patty	GX Studio
	6:00am	AM Express Cycle (45 min)	Karen	Cycle Studio
	9:00am	Aqua Fit	Julie	Indoor Pool
	9:00am	Circuit Training	Joe R.	Fitness Center
	9:30am	Cardio Core	Leigh	MB Studio
	9:30am	Zumba	Gaby	GX Studio
	9:30am	Greatest H.I.I.T.S. Cycle	Jill	Cycle Studio
	10:30am	Forever Fit	Cathleen	GX Studio
Tuesday	11:00am	Aqua Fit	Julie	Indoor Pool
	6:00pm	Strong Nation	Echo	GX Studio
	6:00am	Barre	Patty	GX Studio
	7:00am	Hatha Yoga - L2-3	Lynda	MB Studio
	7:30am	Zumba	Gaby	GX Studio
	8:30am	Strength and Conditioning	Sarah	GX Studio
	9:15am	Swim Boot Camp	Julie	Outdoor Pool
	9:30am	Step Intervals	Leigh	GX Studio
	10:30am	Forever Fit	Cathleen	GX Studio
	11:00am	Aqua Fit	Stephanie	Indoor Pool
	4:30pm	PiYo	Cindy	GX Studio
	5:30pm	Mat Pilates	Kristin	MB Studio
	5:30pm	Turbo Kick	Cindy	GX Studio
	6:00pm	After Work Cycle	James	Cycle Studio
Wednesday	6:30pm	Hatha Yoga - L1-2	Nivi	MB Studio
	6:00am	Classic Rock Cycle	Alvin	Cycle Studio
	6:00am	Boot Camp	Jerry	GX Studio
	8:30am	Turbo Kick	Clara	GX Studio
	9:00am	Aqua Fit	Julie	Indoor Pool
	9:00am	Circuit Training	Joe R.	Fitness Center
	9:30am	High Energy Cycle	Jamie	Cycle Studio
	9:30am	Pilates	Susan	MB Studio
	10:30am	Forever Fit	Leigh	GX Studio
	10:30am	Myofascial Release	Susan	MB Studio
	11:00am	Aqua Fit	Julie	Indoor Pool
	5:00pm	Hatha Yoga - L2-3	Joy	MB Studio
	6:00pm	Pound	Jennifer	GX Studio
Thursday	6:15pm	Aqua Power Deep	Stephanie	Indoor Pool
	6:00am	H.I.I.T.	Patty	GX Studio
	9:30am	Step	Kim	GX Studio
	10:30am	Barre Fusion	Leigh	MB Studio
	11:00am	Aqua Fit	Stephanie	Indoor Pool
	4:30pm	PiYo Live	Cindy	GX Studio
	5:30pm	Tabata	Elise	GX Studio
	6:00pm	Power Hour Cycle	Leslie	Cycle Studio
Friday	6:00pm	Zumba	Heather	GX Studio
	6:00am	Total Conditioning	Elise	GX Studio
	6:00am	Hatha Yoga - L1-2	Maria	GX Studio
	7:30am	P90X Live	Ashley	GX Studio
	8:30am	Hatha Yoga - L1-2	Steve	MB Studio
	8:30am	Cardio Sculpt and Stretch	Leigh	GX Studio
	9:00am	Aqua Fit	Julie	Indoor Pool
	9:30am	Zumba	Gaby	GX Studio
	9:30am	Cycle Jam	Sarah	Cycle Studio
	10:30am	Forever Fit	Cathleen	GX Studio
Saturday	11:00am	Aqua Fit	Stephanie	Indoor Pool
	8:00am	Strength and Conditioning	Sarah	GX Studio
	8:15am	Power H.I.I.T. Cycle	Susie	Cycle Studio
	8:15am	Swim Boot Camp	Julie	Outdoor Pool
	8:30am	Barre Fusion	Patty	MB Studio
	9:30am	Turbo Kick	Clara	GX Studio
	9:30am	Hatha Yoga - L2-3 (90 min.)	Maria	MB Studio
	9:30am	Power Hour Cycle	Leslie	Cycle Studio
	10:30am	BollyX: The Bollywood Workout	Echo	GX Studio
	11:30am	Zumba	Jody	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 - Please Read

- Class spots must be reserved online. Reservations can be made up to 48 hours
- Classes have capacity limits:
Cycle: 20; GX = 14; MB = 9
- 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.
- Participants will need to bring their own water bottle

Red indicates new class, time and/or instructor

Blue indicates new location