

2022 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Greve Coeur

UPDATED 10/7/2022

Bold & red indicates new class, new time and/or new instructor.

| | Time | Class | Emphasis | Studio | Instructor |
|----------------|---------------------------|--|------------|---------------------|---------------|
| SUNDAY | 8:00am | Total Conditioning * | C-S | GX | Clara |
| | 9:00am | Step | C-S | GX | Kevin |
| | 9:20am | Cycle | C-S | CS | Maurice |
| | 9:30am | Mat Pilates * | MB | MB | Lynda |
| | 10:30am | Extreme Conditioning | C-S | GX | Maurice |
| | 10:30am | Deep Stretch and Roll * | MB | MB | Leigh |
| | 11:30am | Zumba * | C | GX | Echo |
| | 11:30am | Hatha Yoga - Level 1-2 * | MB | MB | Maria |
| | 1:00pm | Power Pilates | MB | MB | Maria |
| MONDAY | 6:00am | Hatha Yoga - Level 1-2 | MB | MB | Lesley |
| | 6:00am | STRONG Nation * | C-S | GX | Katie |
| | 6:00am | Express Cycle (45 min) | C | CS | Sarah |
| | 7:00am | Deep Stretch and Roll for Athletes (30 min) | MB | MB | Lesley |
| | 8:30am | Zumba * | C | GX | Gaby |
| | 8:30am | PIYo | C-S | MB | Jill |
| | 9:00am | Aqua Flow | C-S | AQ | Julie |
| | 9:00am | Low Impact Circuit Training | C-S | FIT | Joe |
| | 9:30am | Cardio & Core * | C-S | MB | Leigh |
| | 9:30am | High Low * | C | GX | Karalee |
| | 9:40am | Greatest H.I.I.T.S. Cycle | C | CS | Jill |
| | 10:30am | Forever Fit | C-S | GX | Cathleen |
| | 10:30am | Tai Chi | MB | MB | Judy |
| | 11:00am | Aqua Fit | F | AQ | Stephanie |
| | 11:30am | Gentle Yoga | MB | MB | Steve |
| | 5:30pm | Evening Yoga Flow | MB | MB | Alicia |
| 5:30pm | R.I.P.P.E.D. * | C-S | GX | Jacqueline | |
| 6:15pm | Aqua Power Deep | C-S | AQ | Stephanie | |
| 6:30pm | STRONG Nation * | C-S | GX | Echo | |
| 6:30pm | Strength and Conditioning | S | MB | Ria | |
| TUESDAY | 6:00am | Body Weight Strength | S | GX | Steve |
| | 6:00am | Barre Fusion * | C-S | MB | Patty |
| | 8:30am | Strength and Conditioning * | S | GX | Sarah |
| | 8:30am | Mat Pilates | MB | MB | Tanya |
| | 9:00am | Swim Boot Camp | C-S | AQ | Julie |
| | 9:30am | Barre Fusion | C-S | MB | Leigh |
| | 9:30am | Circuit Training | C-S | GX | Clara |
| | 10:30am | Forever Fit * | C-S | GX | Cathleen |
| | 10:30am | Gentle Pilates | MB | MB | Stacia |
| | 11:00am | Aqua Fit | C-S | AQ | Stephanie |
| | 11:30am | Gentle Yoga | MB | MB | Stacia |
| | 11:30am | Tai Chi | MB | GX | Judy |
| | 5:30pm | Turbo Kick * | C | GX | Jacqueline |
| | 5:30pm | Hatha Yoga - Level 1-2 (70 min) | MB | MB | Nivi |
| | 6:00pm | After Work Cycle | C | GS | John |
| | 6:30pm | Zumba * | C | GX | Mary |
| 7:00pm | Tango 101 | MB | MB | Jo & Tal | |
| 8:00pm | Tango 102 | MB | GX | Jo & Tal | |

* Livestreamed in community.jccstl.org

| Emph. | C: Cardio | C-S: Cardio & Strength | MB: Mind & Body |
|-------|----------------|-----------------------------|-----------------|
| | F: Flexibility | F-S: Flexibility & Strength | S: Strength |

| Studio | GX: Group Ex Studio | CS: Cycle Studio | AQ: Indoor Pool |
|--------|----------------------|--------------------|-----------------|
| | MB: Mind/Body Studio | FIT: Fitness Floor | |

Stay up to date with the Fitness schedule!



View the latest schedule



Download the J App

Notes

- Class spots must be reserved online. Reservations may be made 48 hours in advance.
- Classes start on time. Late arrivals are not permitted after 10 minutes.
- Members have a five-minute grace period, after which we may fill open spaces.
- Classes have capacity limits: GX = 25; MB = 15; Cycle = 15.
- Reservations should be cancelled 12 hours in advance.
- If you "no-show" multiple times, your ability to reserve a spot may be restricted.
- Participants need to bring their own water bottle.
- Schedule is subject to change.
- **Pink is part of Sharsheret Supports STL. Addresses the specific physical and emotional needs left by cancer and its treatments.**

| | Time | Class | Emphasis | Studio | Instructor |
|------------------|-------------------------------|--|-----------|--------------|----------------|
| WEDNESDAY | 6:00am | Hatha Yoga - Level 1-2 | MB | MB | Monica |
| | 6:00am | Express Cycle | C | CS | Patty |
| | 6:00am | Core Circuit Training * | C-S | GX | Sarah |
| | 7:00am | Deep Stretch and Roll for Athletes (30 min) | MB | MB | Monica |
| | 8:30am | Express Cycle (45 min) | C | CS | Laina |
| | 8:30am | Zumba | C | GX | Gaby |
| | 9:00am | Aqua Fit | C-S | AQ | Julie |
| | 9:00am | Low Impact Circuit Training | C-S | FIT | Joe |
| | 9:30am | High Energy Cycle | C | CS | Jamie |
| | 9:30am | Physique Fusion * | MB | MB | Laina |
| | 9:30am | Turbo Kick * | C | GX | Clara |
| | 10:30am | Forever Fit | C-S | GX | Laina |
| | 10:30am | High Fitness | C | MB | Karalee |
| 11:00am | Aqua Fit | F | AQ | Stephanie | |
| 11:30am | Gentle Yoga (75 min) | MB | MB | Faith | |
| 11:30am | Tai Chi | MB | GX | Judy | |
| 5:30pm | Hatha Yoga - Level 2-3 | MB | MB | Joy | |
| 5:30pm | Zumba * | C | GX | Heather | |
| 6:00pm | After Work Cycle | C | CS | James | |
| 6:15pm | Aqua Power Deep | C-S | AQ | Stephanie | |
| 6:30pm | STRONG Nation * | C-S | GX | Katie | |
| 6:30pm | Strength and Conditioning * | S | MB | Ryan | |
| THURSDAY | 6:00am | H.I.I.T. * | C | GX | Patty |
| | 6:00am | Hatha Yoga - Level 2-3 | MB | MB | Lesley |
| | 8:30am | Strength and Conditioning | S | GX | Karen |
| | 8:30am | Barre | C-S | MB | John |
| | 9:30am | Cardio Mix | C-S | GX | Kim |
| | 10:30am | Forever Fit | C-S | GX | Leigh |
| | 11:00am | Aqua Fit | C-S | AQ | Stephanie |
| | 11:30am | Hatha Yoga - Level 2-3 | MB | GX | Lesley |
| | 11:30am | Gentle Yoga | MB | MB | Stacia |
| | 1:00pm | Better Balance | MB | MB | Jo |
| | 4:00pm | Yoga for Cancer | MB | MB | Stacia |
| | 5:30pm | R.I.P.P.E.D. * | C-S | GX | Clara |
| | 5:30pm | Cardio Groove | C | MB | John |
| 6:00pm | After Work Cycle | C | CS | James | |
| 6:30pm | Pound | C-S | GX | Ria | |
| 6:30pm | Ashtanga Yoga | MB | MB | Kelly | |
| FRIDAY | 6:00am | Hatha Yoga - Level 1-2 * | MB | MB | Maria |
| | 6:00am | AM Power Hour | C-S | GX | Ria |
| | 6:00am | Cycle | C | CS | Sophia |
| | 8:30am | Express Cycle (45 min) | C | CS | Ria |
| | 8:30am | Zumba * | C | GX | Gaby |
| | 8:30am | Hatha Yoga - Level 1-2 | MB | MB | Steve |
| | 9:00am | Aqua Fit | C-S | AQ | Julie |
| | 9:30am | Zumba * | C | GX | Eileen |
| | 9:30am | Cardio Sculpt & Stretch * | C-S | MB | Leigh |
| | 9:30am | Power Hour Cycle | C | CS | Lisa |
| | 10:30am | Stretch and Roll | F | MB | John |
| | 10:30am | Forever Fit | C-S | GX | Cathleen |
| | 11:00am | Aqua Fit | C-S | AQ | Stephanie |
| 11:30am | Stretch * | MB | MB | Kay | |
| 11:30am | Hatha Yoga - Level 2-3 | MB | GX | Lynda | |
| 5:00pm | Cycle | C | CS | John | |
| SATURDAY | 7:30am | Kettlebells | C-S | GX | Steve |
| | 8:15am | Swim Boot Camp | C-S | AQ | Julie |
| | 8:30am | Barre Fusion | C-S | MB | Patty |
| | 8:30am | P90-X * | C-S | GX | Ashley |
| | 9:30am | Turbo Kick * | C | GX | Clara |
| | 9:30am | Hatha Yoga - Level 2-3 (90 min) * | MB | MB | Maria |
| | 9:30am | Power Hour Cycle | C | CS | Patty |
| | 10:30am | Bolly X * | C | GX | Echo |
| | 1:00pm | Hatha Yoga - Level 1-2 (90 min) * | MB | MB | Maria |
| | 1:00pm | Zumba * | C | GX | Eileen |

Questions?

Sarah Amonson, 314.442.3210, samonson@jccstl.org

jccstl.org

