2017 WINTER FITNESS & AQUATICS CLASS SCHEDULE*

Staenberg Family Complex - Creve Coeur

Wednesday

Thursday

Friday

Saturday

	Time	Class	Emphasis	Studio	Instructor
	8:00am	Extreme Conditioning	C-S	GX	Maurice
Sunday	8:15am	U	C-S	CS	Steve S.
		Cycle	-		
	9:00am	Triple S (70min)	C-S	GX	Kevin
	9:30am	Pilates	MB	MB	Lynda
	9:30am	Cycle	С	CS	Maurice
	10:30am	Extreme Conditioning	C-S	GX	Maurice
	10:30am	Pure Definition	C-S	MB	Lynda
	11:30am	Zumba	С	GX	Catelyn
	11:30am	Yoga (90min)	MB	MB	Maria
	6:00am	Yoga	MB	MB	Steve R.
	6:00am	Tabata	C	GX	Patty
			C	CS	Elizabeth
	6:00am	Cycle			
	7:00am	Circuit Training NEW	C-S	GX	Chelsey
	8:30am	Zumba	С	GX	Ana
	8:30am	Insanity NEW	С	MB	Ashley
	9:00am	Aqua Flow (45min)	AQ	AQ	Julie
	9:30am	Zumba	С	GX	Gaby
2	9:30am	Barre Fusion	C-S	MB	Cayte
ay	9:30am	Cycle	С	CS	Mary
2	10:30am	Forever Fit	C-S	GX	Cathleen
Monday	10:30am	Cardio Groove	C	MB	Nicci
2	11:00am	Agua Fit	AQ	AQ	Julie
	11:30am	Yoga	MB	MB	Nancy L.
		-			•
	4:30pm	Zumba	C	GX	Heather Z.
	5:30pm	Zumba	С	GX	Chelsey
	5:30pm	Yoga	MB	MB	Nancy L.
	6:00pm	Cycle	С	CS	Steve S.
	6:15pm	Aqua Power Deep	AQ	AQ	Julie
	6:30pm	Sculpting	S	GX	Paul
	6:30pm	Tabata	С	MB	Lehman
	6:00am	Circuit Training	C-S	GX	Paige
	0.00am				
					Paul
	8:30am	Kettlebell	S	GX	Paul Kristin
	8:30am 8:30am	Kettlebell Pilates	S MB	GX MB	Kristin
	8:30am 8:30am 9:30am	Kettlebell Pilates Tabata	S MB C-S	GX MB GX	Kristin Lynda
	8:30am 8:30am 9:30am 9:30am	Kettlebell Pilates Tabata Yoga	S MB C-S MB	GX MB GX MB	Kristin Lynda Becky
	8:30am 8:30am 9:30am 9:30am 9:30am	Kettlebell Pilates Tabata Yoga Cycle	S MB C-S MB C	GX MB GX MB CS	Kristin Lynda Becky Laurie
	8:30am 8:30am 9:30am 9:30am 9:30am 9:30am	Kettlebell Pilates Tabata Yoga Cycle Swim Boot Camp	S MB C-S MB C AQ	GX MB GX MB CS AQ	Kristin Lynda Becky Laurie Julie
	8:30am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am	Kettlebell Pilates Tabata Yoga Cycle Swim Boot Camp Cardio Sculpt	S MB C-S MB C	GX MB GX MB CS AQ MB	Kristin Lynda Becky Laurie Julie Lynda
	8:30am 8:30am 9:30am 9:30am 9:30am 9:30am	Kettlebell Pilates Tabata Yoga Cycle Swim Boot Camp	S MB C-S MB C AQ	GX MB GX MB CS AQ	Kristin Lynda Becky Laurie Julie
day	8:30am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am	Kettlebell Pilates Tabata Yoga Cycle Swim Boot Camp Cardio Sculpt	S MB C-S MB C AQ C-S	GX MB GX MB CS AQ MB	Kristin Lynda Becky Laurie Julie Lynda
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uesday	8:30am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am	Kettlebell Pilates Tabata Yoga Cycle Swim Boot Camp Cardio Sculpt Forever Fit Aqua Fit	S MB C-S MC C AQ C-S S AQ	GX MB GX MB CS AQ MB GX AQ	Kristin Lynda Becky Laurie Julie Lynda Cathleen Stephanie
Tuesday	8:30am 8:30am 9:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:30am 2:15pm	Kettlebell Pilates Tabata Yoga Cycle Swim Boot Camp Cardio Sculpt Forever Fit Aqua Fit Gentle Yoga (75min) Aqua Flow	S MB C-S MC C AQ C-S S AQ MB AQ	GX MB GX MB CS AQ MB GX AQ MB AQ	Kristin Lynda Becky Laurie Julie Lynda Cathleen Stephanie Stacia Julie
Tuesday	8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am 2:15pm 4:30pm	Kettlebell Pilates Tabata Yoga Cycle Swim Boot Camp Cardio Sculpt Forever Fit Aqua Fit Gentle Yoga (75min) Aqua Flow Tabata/Abs	S MB C-S MC C AQ C-S S AQ MB AQ S	GX MB GX MB CS AQ MB GX AQ MB AQ GX	Kristin Lynda Becky Laurie Julie Lynda Cathleen Stephanie Stacia Julie Cindy
Tuesday	8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am 11:30am 2:15pm 4:30pm	Kettlebell Pilates Tabata Yoga Cycle Swim Boot Camp Cardio Sculpt Forever Fit Aqua Fit Gentle Yoga (75min) Aqua Flow Tabata/Abs PiYo NEW	S MB C-S MC C AQ C-S S AQ MB AQ S C-S	GX MB GX MB CS AQ MB GX AQ MB AQ GX MB	Kristin Lynda Becky Laurie Julie Lynda Cathleen Stephanie Stacia Julie Cindy Angela
Tuesday	8:30am 8:30am 9:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am 11:30am 2:15pm 4:30pm 5:30pm	Kettlebell Pilates Tabata Yoga Cycle Swim Boot Camp Cardio Sculpt Forever Fit Aqua Fit Gentle Yoga (75min) Aqua Flow Tabata/Abs PiYo NEW Turbo Kick	S MB C-S MC C-S S AQ MB AQ S C-S C-S C	GX MB GX MB CS AQ MB GX AQ GX MB GX	Kristin Lynda Becky Laurie Julie Lynda Cathleen Stephanie Stacia Julie Cindy Angela Cindy
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Studio Emphasis Tuesday	8:30am 8:30am 9:30am 9:30am 10:30am 10:30am 11:00am 11:00am 11:00am 11:30am 2:15pm 4:30pm 5:30pm 5:30pm 6:30pm 6:30pm 7:30pm 7:30pm 7:30pm 7:30pm 7:30pm 7:30pm 7:30pm 7:30pm	Kettlebell Pilates Tabata Yoga Cycle Swim Boot Camp Cardio Sculpt Forever Fit Aqua Fit Gentle Yoga (75min) Aqua Flow Tabata/Abs PiYo NEW Turbo Kick Yoga Cycle R.I.P.P.E.D. Zumba Step NEW Kettlebell Yoga MB - Mind/Body h AQ - Aqua Fitness p-Strength Combo	S MB C-S AQ C-S S AQ MB AQ S C-S C C MB C C-S C S MB C C-S C S MB	GX MB GX AQ MB GX AQ MB AQ GX MB GX MB CS GX MB GX MB Studio	Kristin Lynda Becky Laurie Julie Lynda Cathleen Stephanie Stacia Stacia Julie Cindy Angela Cindy Josie Mary Clara Clara Chelsey Paul
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Time	Class	Emphasis	Studio	Instructor
6:00am	H.I.I.T.	C-S	GX	Ashley
6:00am	Yoga	MB	MB	Lesley
8:30am	Cardio Sculpt	C-S	GX	Courtney
8:30am	Nia	С	MB	Robin
9:00am	Aqua Flow (45min)	AQ	AQ	Julie
9:30am	Turbo Kick	С	GX	Clara
9:30am	Barre Fusion	C-S	MB	Cayte
9:30am	Cycle	С	CS	Jamie
10:30am	Cardio Groove	C-S	MB	Nicci
10:30am	Forever Fit	C-S	GX	Leigh
11:00am	Aqua Fit	AQ	AQ	Julie
11:30am	Yoga	MB	MB	Julie
1:45pm	Aquatic Tai Chi	AQ C	AQ	Stephanie
4:30pm	Zumba		GX	Laura
5:30pm 5:30pm	Zumba	C MB	GX MB	Heather C. Jennifer
•	Yoga	С	CS	Steve S.
6:00pm 6:15pm	Cycle Aqua Power Deep	AQ	AQ	Steve S. Stephanie
6:30pm	Pound	AQ C	GX	Jennifer
6:30pm	Pilates	C-S	MB	Amber
7:30pm	Beg. Ballroom/Latin/Swing	C-S	GX	Elena
8:30pm	Int. Ballroom/Latin/Swing	C	GX	Elena
5.50pm		C C	UX.	LICHA
6:00am	Tabata	C-S	GX	Patty
6:00am	Cycle	C	CS	Mary
7:00am	Cardio Sculpt NEW TIME	C-S	GX	Leigh
8:30am	Step Intervals NEW	C-S	GX	Nancy T.
8:30am	Pilates	MB	MB	Stacia
9:30am	Tabata	С	GX	Kim V.
9:30am	Cycle	С	CS	Kelly
9:30am	Yoga	MB	MB	Stacia
10:30am	Pure Definition	C-S	MB	Kim V.
10:30am	Forever Fit	S	GX	Cathleen
11:00am	Aqua Fit	AQ	AQ	Stephanie
11:30am	Gentle Yoga (75min)	MB	MB	Emily
2:15pm	Aqua Flow	AQ	AQ	Stephanie
4:30pm	PiYo NEW	C-S	GX	Cindy
5:30pm	R.I.P.P.E.D	C-S	GX	Cindy
5:30pm	Yoga	MB	MB	Lesley
6:00pm	Cycle	С	CS	Shelley
6:30pm	Zumba	С	MB	Haley
6:30pm	Kettlebell	S	GX	Paul
7:30pm	Yoga	MB	MB	Steve
6.00				
6:00am	Yoga Total Canditianing	MB	MB	Lesley
6:00am	Total Conditioning	C	GX	Courtney
8:30am	Cardio Sculpt	C	GX	Leigh
8:30am	Zumba	C	MB	Rocio
9:00am 9:30am	Aqua Flow (45min) Zumba	AQ C	AQ MB	Julie Heather Z.
	Kettlebell	S		Heatner 2. Paul
9:30am 9:30am	Cycle	S C	GX CS	Jamie
9:30am 10:30am	Cycle Forever Fit	C-S	GX	Jamie Mary
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10:30am	Pilates	MB	MB	Lynda
11:00am	Aqua Fit	AQ	AQ	Julie
11:30am	Yoga (85min)	MB	MB	Lynda
8.00	Total Conditioning (70)	<u> </u>	CY.	Christin -
8:00am	Total Conditioning (70min)	C-S	GX AQ	Christine
8:15am 8:15am	Swim Boot Camp	AQ C	CS	Julie Susie
8:15am 8:30am	Cycle Barre Fusion	C-S	MB	Susie Patty
9:30am	Turbo Kick	C-S	GX	Clara
9:30am 9:30am	Yoga (85min)	MB	MB	Maria
9:30am	Cycle	C	CS	Leslie
10:30am	Zumba	C	GX	Jeli
10:30am 11:00am	Insanity NEW	C	MB	Ashley
1:00pm	Gentle Yoga (75min)	MB	MB	Maria
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Additional Group Ex Notes • All members are welcome to all classes

- Schedule subject to change without notice
- Contact: Courtney Tucker, 314.442.3210, ctucker@jccstl.org

*Updated 2/1/17

Staenberg Family Complex – Group Ex Class Descriptions

Ballroom, Latin & Swing Dancing: Dancing taught for anyone of any age! Wear comfortable dancing shoes. A partner is not required.

Barre Fusion: Strengthen and tone while lengthening muscles with intervals of stretching. Light weights and floor work compliment barre work to push your muscles to exhaustion.

Cardio Groove: A new fun dance format that incorporates multiple styles of dance for a fantastic workout.

Cardio Sculpt: This class offers the perfect combination of cardiovascular and strength training in order to give you a total body workout.

Circuit Training: This well-rounded workout utilizes fitness equipment in circuits.

Cycle: You will experience an aerobic exercise on a stationary bike while an instructor motivates you through visualization with motivational music.

Extreme Conditioning: An intense workout using weights to target major muscle groups. Incorporates cardiovascular exercise and plyometrics to challenge all fitness levels.

Forever Fit: A low-intensity aerobic class offering a great cardiovascular workout. It combines strength, endurance, joint stability, balance and flexibility.

H.I.I.T.: High Intensity Interval Training combines cardio and strength training in a format of quick, intense bursts of exercise, followed by short recovery periods.

Insanity: An intense workout that combines cardio and building muscle.

Kettlebell: Class will offer cardiovascular, resistance and weight control benefits.

Nia: Is a well-being fitness and lifestyle practice inspired by Martial, Dance and Healing Arts.

Pilates: A progressive series of exercises, based on the methods of Joseph Pilates, designed to increase the strength of your body's core (abdominals, back, glutes and hips) while lengthen the muscles.

PiYo: This athletic workout combines mind/body practices of Yoga and Pilates as well as principles of stretch, strength training, and dynamic movement.

Pound: A full body workout which targets trouble spots using drumsticks to maximize your arm workout.

Pure Definition: Strengthen, tone, lengthen, and stretch your muscles. Light weights and floor work will help you achieve a lean, sculpted body.

R.I.P.P.E.D.: This class combines resistance, intervals, power, plyometrics and endurance.

Sculpting: Class rotates monthly between strength, power and endurance formats, providing changes to avoid plateaus and maximizing results.

Step Intervals: Get a great step workout in an interval-style format!

Tabata: An intense interval training class that follows a specific timed format (20 seconds on/10 seconds off).

Total Conditioning: This class combines anaerobic activity with plyometric and callisthenic drills to offer a challenging option in your cardio routine.

Triple S: The best of step, sculpt and stretch combined to increase cardiovascular/muscular endurance and flexibility.

Turbo Kick: An energizing kickboxing interval class. Cardio that uses intensity drills and increased energy sprints followed by work recovery segments.

Yoga: Build strength, flexibility and balance through a unique combination of breathing techniques and postures. *Gentle Yoga* offers a similar experience at a slower pace.

Zumba: A fusion of Latin and International music; featuring aerobic/fitness interval training with fast and slow rhythms that tone and sculpt the body.

Zumba Step: This workout combines the toning and strengthening power of step aerobics with the fun dance moves of Zumba.

Aquatic Classes

Aqua Boot Camp: Advanced class includes endurance swim, sprints, calisthenics, strength and explosive moves – both wet and dry work. Must be able to swim 100y freestyle non-stop, tread and climb in/out of the pool repeatedly.

Aqua Flow: This is a series of specially designed exercises which, with the aid of the water's buoyancy and resistance, can help improve joint flexibility.

Aqua Fit: Moderate-impact, water-specific exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment.

Aqua Power: This is a high intensity, multi-discipline workout in the lap pool. Must be comfortable at all pool depths.

Aqua Power Deep: High intensity, no impact water resistance training; improves muscle tone, flexibility strength and endurance may use flotation belts; class held in deep water.

Aqua Tai Chi: Moving meditation which improves body awareness and range of motion.

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