

# 2019 JANUARY-MAY FITNESS & AQUATICS GROUP EX SCHEDULE\*

## Marilyn Fox Building - Chesterfield

**Bold VIOLET classes indicate new class, new time and/or new instructor.**

	Time	Class	Emphasis	Studio	Instructor		Time	Class	Emphasis	Studio	Instructor
<b>SUNDAY</b>	8:30am	Barre Fusion	C-S	MB	Monica	<b>THURSDAY</b>	5:40am	H.I.I.T.	C-S	GX	Alana
	9:00am	Triple S (85m)	C	GX	Susan		8:00am	Wet Sweat	AQ	AQ	Phyllis
	9:00am	Aqua Power	AQ	AQ	Olivia		8:30am	Cardio Pump	C-S	GX	Susan
	9:15am	Cycle	C	CS	Susan S.		8:30am	Physique Fusion	C-S	MB	Laina
	9:30am	Pilates	MB	MB	Kim		9:00am	Aqua Flow (45m)	AQ	AQ	Nancee
	10:30am	Sculpting	S	GX	Valerie		9:30am	Cycle	C	CS	Laina
	10:30am	Cycle	C	CS	Julie		9:30am	Sculpting	S	GX	Susan
	10:30am	Hatha Yoga - Level 1-2 (70m)	MB	MB	Elise		9:30am	Hatha Yoga - Level 2-3 (85m)	MB	MB	Sandra
	<b>11:30am</b>	<b>Zumba</b>	<b>C</b>	<b>GX</b>	<b>Rocio</b>		10:30am	Extreme Conditioning	C-S	GX	Maurice
							12:00pm	Lunch Box (45m)	C	GX	Bryce
<b>MONDAY</b>	5:40am	Insanity	C-S	MB	Ali	1:30pm	Forever Fit	C-S	GX	Bryce	
	6:00am	<b>Tabata</b>	C-S	GX	Jeanine	5:30pm	Tabata	C-S	GX	Marci	
	8:00am	Aqua Power	AQ	AQ	Phyllis	6:00pm	Hatha Yoga - Level 1-2	MB	MB	Elise	
	8:15am	Cycle 40/20	C	CS	Barb	<b>6:00pm</b>	<b>Cycle 40/20</b>	C	CS	Maurice	
	8:00am	Cardio Pump (50m)	C-S	GX	Sandy	6:30pm	Sculpting	C-S	GX	Euclid	
	8:30am	Barre Fusion	C-S	MB	Valerie	6:30pm	Aqua Power	AQ	AQ	Olivia	
	9:30am	Tabata	C-S	GX	Kim V						
	9:30am	Stretch & Roll	MB	MB	Valerie	5:40am	Cycle	C	CS	Candice	
	9:30am	Cycle	C	CS	Laina	5:40am	<b>21 and Done</b>	C	MB	<b>Mindy</b>	
	10:30am	Pure Definition	S	GX	Kim V	6:00am	<b>Sculpt &amp; Core</b>	C-S	GX	Jeanine	
	10:30am	Hatha Yoga - Level 1-2	MB	MB	Valerie	8:00am	Aqua Power	AQ	AQ	Olivia	
	<b>10:30am</b>	<b>Pliability (30m/limited space)</b>	<b>S</b>	<b>CS</b>	<b>Laina</b>	8:30am	Cycle	C	CS	Laina	
	12:00pm	Express Sculpt (45m)	S	GX	Lisa	8:30am	Barre Fusion	C-S	GX	Michelle	
5:30pm	Cycle	C	CS	Shelley	8:30am	Vinyasa Yoga - Level 2-3	MB	MB	Nancy		
5:30pm	<b>Zumba</b>	C	GX	<b>Danielle</b>	9:30am	Turbo Kick	C	GX	Clara		
5:30pm	Gentle Yoga	MB	MB	Carley	9:30am	Pilates	MB	MB	Valerie		
6:30pm	Turbo Kick	C	GX	Sarah	9:40am	Cycle	C	CS	Sheila		
6:30pm	Pilates	MB	MB	Monica	10:30am	PiYo	C-S	GX	Sarah		
<b>7:30pm</b>	<b>Zumba</b>	<b>C</b>	<b>GX</b>	<b>Laura</b>	10:30am	Hatha Yoga - Level 1-2	MB	MB	Nancy		
					11:30am	Stretch	MB	MB	Kay		
<b>TUESDAY</b>	5:40am	H.I.I.T	C-S	GX	Alana	12:00pm	Express Cycle (45m)	C	CS	Karin	
	5:40am	Cycle	C	CS	Jeanine	1:00pm	T'ai Chi	MB	MB	Craig	
	8:30am	Cardio Pump	C-S	GX	Susan	5:30pm	<b>Zumba</b>	C	GX	<b>Rachel</b>	
	8:30am	Core Fusion	C-S	MB	Barb						
	9:00am	Aqua Flow (45m)	AQ	AQ	Nancee	<b>SATURDAY</b>	8:00am	Cycle	C	CS	Julie
	9:30am	Kettlebell Cross Train	S	GX	Susan		8:00am	Stretch	MB	MB	Kay
	9:30am	Hatha Yoga - Level 1-2 (85m)	MB	MB	Stacia		8:30am	Tabata	C-S	GX	Shelly D.
	10:30am	Physique Fusion + (70m)	S	GX	Laina		9:00am	Core 30	S	MB	Julie
	11:00am	Gentle Pilates	MB	MB	Monica		9:15am	Express Cycle (45m)	C	CS	Alana
	12:00pm	Core 45	S	GX	Laina		9:30am	Total Conditioning	C-S	GX	Dave
	1:30pm	Forever Fit	C-S	GX	Leigh		9:30am	<b>Pilates</b>	C-S	MB	Lynda
	<b>3:00pm</b>	<b>T'ai Chi</b>	<b>MB</b>	<b>MB</b>	<b>Craig</b>		10:30am	Zumba	C	GX	Danielle
	5:00pm	Stretch	MB	MB	Kay		10:30am	Hatha Yoga - Level 2-3	MB	MB	Lynda
	5:30pm	Extreme Conditioning	C-S	GX	Maurice						
6:30pm	Vinyasa Yoga - Level 1-2	MB	MB	Brenda							
6:30pm	Cycle	C	CS	Lisa							
6:30pm	Sculpting	C-S	GX	Marci							
6:30pm	Aqua Power	AQ	AQ	Olivia							
<b>WEDNESDAY</b>	5:40am	Insanity	C-S	GX	Mindy						
	6:00am	Early Express Circuit	C-S	FF	Jeanine						
	<b>8:00am</b>	<b>Vinyasa Yoga - Lvl 1-2 (85m)</b>	<b>MB</b>	<b>MB</b>	<b>Nancy</b>						
	8:00am	Aqua Power	AQ	AQ	Phyllis						
	8:15am	Cycle	C	CS	Barb						
	8:30am	H.I.I.T.	C-S	GX	Julia						
	9:30am	Tabata	C-S	GX	Kim V						
	9:30am	Stretch & Roll	MB	MB	Elise						
	9:30am	Cycle	C	CS	Heather						
	<b>10:30am</b>	<b>Zumba</b>	<b>C</b>	<b>GX</b>	<b>Gaby</b>						
	10:30am	Gentle Pilates	MB	MB	Monica						
	12:00pm	Express Cycle (45m)	C	CS	Lisa						
	5:30pm	<b>Zumba</b>	C	GX	<b>Ali</b>						
	<b>5:30pm</b>	<b>Gentle Yoga</b>	<b>MB</b>	<b>MB</b>	<b>Valerie</b>						
	5:30pm	Cycle	C	CS	Shelly						
	<b>6:30pm</b>	<b>Insanity</b>	<b>C-S</b>	<b>GX</b>	<b>Ali</b>						
	6:30pm	Pilates	MB	MB	Kim L						

### Notes

- Members are welcome to attend any class
- All participants should sign-in prior to beginning of class
- For class cancellations and sub information, check [jccstl.org](http://jccstl.org)
- Late arrivals are not permitted in class after 10 minutes
- Reserving a spot for other members is not permitted.
- Schedules subject to change without notice

<b>Emph.</b>	AQ - Aqua Fitness	C - Cardio
	C-S - Cardio-Strength Combo	
	MB - Mind/Body	S - Strength

<b>Studio</b>	AQ - Indoor Pool / AQO - Outdoor Pool
	CS - Cycle Studio
	FF - Fitness Floor
	GX - Group Exercise Studio
	MB - Mind/Body Studio

Questions?  
Priscilla Westbrooks, 314.442.3210, [pwestbrooks@jccstl.org](mailto:pwestbrooks@jccstl.org)



# Marilyn Fox Building – Group Ex Class Descriptions

**21 and Done:** A power packed class with three Tabata rounds and abdominal work allowing you to complete your workout and go.

**Barre Fusion:** An energetic, fun workout that fuses fitness techniques from Dance, Pilates and Yoga to tone, define and chisel the whole body. It combines strength and flexibility with added cardio to burn fat fast.

**Cardio Pump:** A low-intensity aerobic class combining strength and endurance, joint stability and mobility, balance and flexibility.

**CORE 45/Core 30:** Strengthen and stabilize your abs and lower back through intense exercises targeting the CORE! A great quick workout.

**Core Fusion:** Strengthen, stabilize and tone your core with traditional exercises as well as Pilates-based exercises.

**Cycle 40/20:** Spend 40 minutes of upbeat, high-energy cycling followed by 20 minutes of stabilizing the core using lengthening exercises, strength training, stretching and balancing moves.

**Early Express Circuit:** Squeeze in a great total body workout in the early AM! Jump in at any time for strength training and cardio intervals.

**Extreme Conditioning:** An intense workout utilizing weights, targeting all major muscle groups. Includes cardiovascular work and plyometrics.

**Forever Fit:** A low-intensity aerobic class giving you a great cardiovascular workout, which combines strength and endurance, joint stability/mobility and balance/flexibility.

**Gentle Pilates:** A gentle Pilates experience meant to attend everyday; ideal for students looking to begin their practice.

**H.I.I.T.:** High Intensity Interval Training utilizes a series of short, high-intensity intervals, followed up by longer, low-intensity intervals.

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

**Kettlebell Cross Train:** Teaches proper kettlebell techniques using natural momentum, proper posture and alignment. Also includes familiar resistance training techniques and equipment.

**Lunch Box:** A high intensity, 45 minutes class that challenges you with boxing, core work and high velocity endurance.

**Physique Fusion:** Strengthen and tone while lengthening muscles with intervals of stretching between light weights, floor work and a ballet barre.

**Pilates:** A progressive series of exercises designed to increase the strength of your body's core (abs, glutes & back) while lengthening the muscles.

**PiYo:** An athletic workout combining mind/body practices of Yoga and Pilates with principles of stretch, strength training and dynamic movement.

**Pliability:** Pliability focuses on deep muscle work intended to lengthen and soften muscles at the same time. Exercises utilize resistance bands which allow muscle groups to accelerate and decelerate simultaneously.

**Pure Definition:** A total body workout utilizing dumbbells, body bars and stability balls. Appropriate for all fitness levels and leads to improved strength and muscular tone for a lean and sculpted body.

**Sculpt & Core:** Minimal impact aerobic workout and muscle toning with a focus on upper body and core strength, posture and balance using a variety of exercise tools.

**Sculpting:** Utilizes dumbbells, body bars and other strength training equipment with a monthly rotation between strength, power and endurance, (45-minute format is **Express Sculpt**).

**Stretch:** You will use a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints. This may help prevent injury and improve health and sports-related activities.

**Stretch and Roll:** Utilizes a foam roller to combine Yoga and Pilates movements to improve flexibility, balance and core strength; and myofascial release therapy targeting tight muscles.

**Tabata:** High-intense, interval training; 20 seconds of cardio then a 10-second rest period (eight times). Increases endurance and metabolism, while decreasing body fat. Suitable for all fitness levels.

**T'ai Chi:** This graceful form of exercise involves a series of movements performed in a slow, focused manner accompanied by deep breathing.

**Total Conditioning:** This class combines anaerobic activity with plyometric and calisthenics drills for a challenging cardio option.

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

**Turbo Kick:** An energizing, cardio kickboxing interval class; includes intensity drills and energy sprints followed by work recovery segments.

## See what Yoga class is right for you!

Choose your appropriate level as you build strength, boost flexibility and increase balance through breathing techniques and postures.

**Gentle Yoga:** Build your foundation in this class which is also gentle enough to attend multiple times a week, should you choose. You'll learn the basic poses and how they are beneficial.

**Hatha Yoga, Level 1-2:** A beginner to intermediate class; introduces additional basic postures with some longer durations. Focus is on proper breathing and movements; should leave feeling looser and relaxed.

**Hatha Yoga, Level 2-3:** Class should feel challenging at this intermediate to advanced level as you continue mastering basic postures, and more dynamic and complex ones – may include arm balances, deep backbends and inversions.

**Hatha Yoga, Level 2-3:** Class should feel challenging at this intermediate to advanced level as you continue mastering basic postures, and more dynamic and complex ones

**Vinyasa Yoga, Level 2-3:** An intermediate/advanced class that flows quickly between poses and may include complex postures. For those with a regular vinyasa and pranayama (breathing) practice who want to further develop their practice.

**Zumba:** The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movements with easy to follow dance steps.

## Aquatic Group Classes

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

**Aqua Power:** This is a high intensity, multi-discipline workout in the lap pool. Participants must be comfortable in all depths of the pool.

**Wet Sweat:** A high intensity total body workout with water weights and various cardio exercises with little to no hard joint impact.