

2019 JUNE-AUGUST FITNESS & AQUATICS GROUP EX SCHEDULE*

Marilyn Fox Building - Chesterfield

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

	Time	Class	Emphasis	Studio	Instructor	Time	Class	Emphasis	Studio	Instructor		
SUNDAY	8:00am	Poolside Yoga	MB	AQO	Carley	5:40am	H.I.I.T.	C-S	GX	Alana		
	8:30am	Barre Fusion	C-S	MB	Monica	8:00am	Wet Sweat	C-S	AQ	Phyllis		
	9:00am	Triple S (85m)	C-S	GX	Susan	8:30am	Cardio Pump	C-S	GX	Susan		
	9:00am	Aqua Power	C-S	AQ	Olivia	8:30am	Physique Fusion	C-S	MB	Laina		
	9:15am	Cycle	C	CS	Susan S.	9:00am	Aqua Flow (45m)	F-S	AQ	Nancee		
	9:30am	Pilates	MB	MB	Kim	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			
MONDAY	5:40am	Insanity	C-S	MB	Ali	10:30am	Extreme Conditioning	C-S	GX	Maurice		
	6:00am	Tabata	C-S	GX	Jeanine	12:00pm	Lunch Box (45m)	C	GX	Bryce		
	8:00am	Aqua Power	C-S	AQ	Phyllis	1:30pm	Forever Fit	C-S	GX	Bryce		
	8:15am	Cycle 40/20	C-S	CS	Barb	5:30pm	Tabata	C-S	GX	Shelly D		
	8:00am	Cardio Pump (50m)	C-S	GX	Sandy	6:00pm	Hatha Yoga - Level 1-2	MB	MB	Elise		
	8:30am	Barre Fusion	C-S	MB	Valerie	6:00pm	Cycle 40/20	C-S	CS	Maurice		
	9:30am	Tabata	C-S	GX	Kim V	6:30pm	Cardio Pump	C-S	GX	Euclid		
	9:30am	Stretch & Roll	F	MB	Valerie	6:30pm	Aqua Power	C-S	AQ	Olivia		
	9:30am	Cycle	C	CS	Laina	THURSDAY	5:40am	Cycle	C	CS	Candice	
	10:30am	Pure Definition	S	GX	Kim V		5:40am	21 and Done	C	MB	Mindy	
	10:30am	Hatha Yoga - Level 1-2	MB	MB	Valerie		6:00am	Sculpt & Core	C-S	GX	Jeanine	
	10:30am	Pliability (30m/limited space)	F-S	CS	Laina		8:00am	Aqua Power	C-S	AQ	Olivia	
	12:00pm	Express Sculpt (45m)	S	GX	Lisa		8:30am	Cycle	C	CS	Laina	
	5:30pm	Gentle Yoga	MB	MB	Carley		8:30am	Barre Fusion	C-S	GX	Michelle	
5:30pm	Zumba	C	GX	Danielle	8:30am		Vinyasa Yoga - Level 2-3	MB	MB	Nancy		
6:00pm	Cycle	C	CS	Shelley	9:30am		Turbo Kick	C	GX	Clara		
6:30pm	Turbo Kick	C	GX	Sarah	9:30am		Pilates	MB	MB	Valerie		
6:30pm	Pilates	MB	MB	Monica	9:40am		Cycle	C	CS	Sheila		
TUESDAY	5:40am	H.I.I.T	C-S	GX	Alana		10:30am	PiYo	C-S	GX	Sarah	
	5:40am	Cycle	C	CS	Jeanine		10:30am	Hatha Yoga - Level 1-2	MB	MB	Nancy	
	8:30am	Cardio Pump	C-S	GX	Susan		11:30am	Stretch	F	MB	Kay	
	8:30am	Core Fusion	C-S	MB	Barb		12:00pm	Express Cycle (45m)	C	CS	Karin	
	9:00am	Aqua Flow (45m)	F-S	AQ	Nancee	1:00pm	T'ai Chi	MB	MB	Craig		
	9:30am	Kettlebell Cross Train	S	GX	Susan	5:30pm	Zumba	C	GX	Rachel		
	9:30am	Hatha Yoga - Level 1-2 (85m)	MB	MB	Stacia	FRIDAY	8:00am	Cycle	C	CS	Julie	
	10:30am	Physique Fusion + (70m)	S	GX	Laina		8:00am	Stretch	F	MB	Kay	
	11:00am	Gentle Pilates	MB	MB	Mindy		8:30am	Tabata	C-S	GX	Shelly D.	
	12:00pm	C3-45	C-S	GX	Laina		9:00am	Core 30	S	MB	Julie	
	1:30pm	Forever Fit	C-S	GX	Leigh		9:15am	Express Cycle (45m)	C	CS	Alana	
	3:00pm	T'ai Chi	MB	MB	Craig		9:30am	Total Conditioning	C-S	GX	Dave	
	5:00pm	Stretch	F	MB	Kay		9:30am	Pilates	C-S	MB	Lynda	
	5:30pm	Extreme Conditioning	C-S	GX	Maurice		10:30am	Zumba	C	GX	Danielle	
6:00pm	Vinyasa Yoga - Level 1-2	MB	MB	Brenda	10:30am		Hatha Yoga - Level 2-3	MB	MB	Lynda		
6:30pm	Cycle	C	CS	Lisa	SATURDAY		8:00am	Cycle	C	CS	Julie	
6:30pm	Cardio Pump	C-S	GX	Sandy			8:00am	Stretch	F	MB	Kay	
6:30pm	Aqua Power	C-S	AQ	Olivia			8:30am	Tabata	C-S	GX	Shelly D.	
WEDNESDAY	5:40am	Insanity	C-S	GX			Mindy	9:00am	Core 30	S	MB	Julie
	6:00am	Early Express Circuit	C-S	FF			Jeanine	9:15am	Express Cycle (45m)	C	CS	Alana
	8:00am	Vinyasa Yoga - Lvl 1-2 (85m)	MB	MB		Nancy	9:30am	Total Conditioning	C-S	GX	Dave	
	8:00am	Aqua Power	C-S	AQ		Phyllis	9:30am	Pilates	C-S	MB	Lynda	
	8:15am	Cycle	C	CS		Barb	10:30am	Zumba	C	GX	Danielle	
	8:30am	H.I.I.T.	C-S	GX		Julia	10:30am	Hatha Yoga - Level 2-3	MB	MB	Lynda	
	9:30am	Tabata	C-S	GX		Kim V	SUNDAY	8:00am	Wet Sweat	C-S	AQ	Phyllis
	9:30am	Stretch & Roll	F	MB		Elise		8:30am	Cardio Pump	C-S	GX	Susan
	9:30am	Cycle	C	CS		Heather		8:30am	Physique Fusion	C-S	MB	Laina
	10:30am	Zumba	C	GX		Gaby		9:00am	Aqua Flow (45m)	F-S	AQ	Nancee
	10:30am	Gentle Pilates	MB	MB		Monica		9:30am	Cycle	C	CS	Laina
	12:00pm	Express Cycle (45m)	C	CS	Lisa	9:30am		Sculpting	S	GX	Susan	
	5:30pm	Zumba	C	GX	Danielle	9:30am		Hatha Yoga - Level 2-3 (85m)	MB	MB	Sandra	
	5:30pm	Gentle Yoga	MB	MB	Valerie	10:30am		Extreme Conditioning	C-S	GX	Maurice	
6:00pm	Cycle	C	CS	Shelly	12:00pm	Lunch Box (45m)		C	GX	Bryce		
6:30pm	Insanity	C-S	GX	Ali	1:30pm	Forever Fit		C-S	GX	Bryce		
6:30pm	Pilates	MB	MB	Kim L	5:30pm	Tabata		C-S	GX	Shelly D		
					6:00pm	Hatha Yoga - Level 1-2		MB	MB	Elise		
					6:00pm	Cycle 40/20		C-S	CS	Maurice		
					6:30pm	Cardio Pump		C-S	GX	Euclid		
					6:30pm	Aqua Power	C-S	AQ	Olivia			

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
- 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

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

Studio	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



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.

C3-45: Get in a 45-minute work out that focuses on your core, cardio and coordination.

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

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

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 offering a cardiovascular workout, combining 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.

Poolside Yoga: This early 55-minute yoga session will comprise of a gentle flow style with balance poses and stretching.

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.