

# 2017 WINTER FITNESS & AQUATICS CLASS SCHEDULE\*

## Marilyn Fox Building - Chesterfield

	Time	Class	Emphasis	Studio	Instructor
Sunday	8:30am	Barre Fusion	C-S	MB	Patty
	9:00am	Step (85min)	C	GX	Susan
	9:00am	Aqua Power	AQ	AQ	Olivia
	9:30am	Cycle	C	CS	Ken
	9:30am	Pilates	MB	MB	Kim
	10:30am	Sculpting	S	GX	Marci
	10:30am	Cycle	C	CS	Julie
	11:00am	Beg/Int Yoga (70min)	MB	MB	Elise
Monday	5:40am	Insanity	C-S	MB	Stacy R
	6:00am	Total Conditioning	C-S	GX	Dave
	8:00am	Aqua Power	AQ	AQ	Phyllis
	8:15am	Cycle 40/20	C	CS	Barb
	8:30am	Barre Fusion	C-S	GX	Valerie
	9:30am	Tabata	C-S	GX	Kim V
	9:30am	Stretch & Roll	MB	MB	Valerie
	9:30am	Cycle	C	CS	Jessica
	10:30am	Pure Definition	S	GX	Kim V
	10:30am	Gentle Yoga	MB	MB	Valerie
	12:00pm	Express Sculpt (45min)	S	GX	Lisa
	5:30pm	Cycle	C	CS	Shelley
	5:30pm	Zumba	C	GX	Laura
	5:30pm	Beg/Int Yoga	MB	MB	Lana
6:30pm	Insanity	C	GX	Julia	
6:30pm	Pilates	MB	MB	Monica	
Tuesday	5:40am	H.I.I.T	C-S	GX	Alana
	5:40am	Cycle	C	CS	Stacy R
	8:30am	Cardio Pump	C-S	GX	Susan
	8:30am	Pilates Fusion	C-S	MB	Barb
	9:00am	Aqua Flow (45min)	AQ	AQ	Nancee
	9:30am	Kettlebell Cross Train	S	GX	Susan
	9:30am	Yoga (85min)	MB	MB	Stacia
	9:30am	Cycle	C	CS	Maurice
	10:30am	R.I.P.P.E.D. <b>NEW</b>	C-S	GX	Clara
	12:00pm	Core 45	S	GX	Chase
	1:30pm	Forever Fit	C-S	GX	Leigh
	5:30pm	Extreme Conditioning	C-S	GX	Maurice
	5:30pm	Stretch & Roll	MB	MB	Elise
	6:30pm	Metabolic Circuit <b>NEW</b>	C-S	GX	Marci
	6:30pm	Cycle	C	CS	Lisa
	6:30pm	Beg/Int Yoga	MB	MB	Brenda
6:30pm	Aqua Power	AQ	AQ	Olivia	

Emphasis	C - Cardio	MB - Mind/Body
	S - Strength	AQ - Aqua Fitness
	C-S - Cardio-Strength Combo	

Studio	GX - Group Exercise Studio	FC - Fitness Center
	MB - Mind/Body Studio	AQ - Indoor Pool
	CS - Cycle Studio	FF - Fitness Floor

### Additional Group Ex Notes

- All members are welcome to all classes
- Schedule subject to change without notice
- Contact: Stacey Jacob 314.442.3453, sjacob@jccstl.org



	Time	Class	Emphasis	Studio	Instructor
Wednesday	5:40am	Pilates <b>NEW</b>		MB	Alana
	5:40am	Insanity	C-S	GX	Stacy R
	6:00am	Early Express Circuit	C-S	FF	Dave
	7:30am	Yoga	MB	MB	Nancy
	8:00am	Aqua Power	AQ	AQ	Phyllis
	8:15am	Cycle	C	CS	Barb
	8:30am	H.I.I.T.	C-S	GX	Marci
	8:30am	Power Core Yoga	MB	MB	Nancy
	9:30am	Tabata	C-S	GX	Kim V
	9:30am	Stretch & Roll	MB	MB	Elise
	9:30am	Cycle	C	CS	Alana
	10:30am	Pure Definition <b>NEW</b>	S	GX	Alana
	10:30am	Gentle Pilates	MB	MB	Monica
	12:00pm	Express Cycle (45min)	C	CS	Lisa
	5:30pm	Zumba	C	GX	Gabriela
	5:30pm	Barre Fusion	MB	MB	Patty
	5:30pm	Cycle 40/20	C	CS	Ken
6:30pm	Turbo Kick	C	GX	Patty	
6:30pm	Pilates	MB	MB	Kim L	
Thursday	5:40am	H.I.I.T.	C-S	GX	Alana
	8:15am	Cycle	C	CS	Susan Sh
	8:00am	Wet Sweat <b>NEW</b>	AQ	AQ	Marty
	8:30am	Cardio Pump	C-S	GX	Susan
	8:30am	Physique Fusion	C-S	MB	Lynda
	9:00am	Aqua Flow (45min)	AQ	AQ	Nancee
	9:30am	Sculpting	S	GX	Susan
	9:30am	Yoga (85min)	MB	MB	Sandra
	10:30am	Extreme Conditioning	C-S	GX	Maurice
	12:00pm	Lunch Box (45min)	C	GX	Bryce
	1:30pm	Forever Fit	C-S	GX	Bryce
	5:30pm	Tabata	C-S	GX	Marci
	6:30pm	Cycle	C	CS	Maurice
	6:30pm	Beg/Int Yoga	MB	MB	Elise
6:30pm	Aqua Power	AQ	AQ	Olivia	
Friday	5:40am	Cycle	C	CS	Alana
	5:40am	21 and Done <b>NEW</b>	C	MB	Stacy
	6:00am	Total Conditioning	C-S	GX	Dave
	8:00am	Aqua Power	AQ	AQ	Olivia
	8:15am	Cycle	C	CS	Barb
	8:30am	Barre Fusion	C-S	GX	Michelle
	8:30am	Power Yoga	MB	MB	Nancy
	9:30am	Turbo Kick	C	GX	Clara
	9:30am	Pilates	MB	MB	Valerie
	9:30am	Cycle	C	CS	Lana
10:30am	PiYo <b>NEW</b>	C-S	GX	Angela	
10:30am	Beg/Int Yoga	MB	MB	Nancy	
12:00pm	Express Cycle (45min)	C	CS	Karin	
Saturday	8:00am	Total Conditioning	C-S	GX	Dave
	8:00am	Cycle	C	CS	Julie
	9:00am	Interval & Sculpt (70min)	C-S	GX	Marci
	9:00am	Core 30	S	MB	Julie
	9:15am	Cycle <b>NEW TIME</b>	C	CS	David C
	9:30am	Physique Fusion	C-S	MB	Lynda
	10:30am	Zumba	C	GX	Silvia
10:30am	Yoga	MB	MB	Lynda	

# 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 (also Core 30):** Strengthen and stabilize your abs and lower back through intense exercises targeting the CORE! A great quick workout.

**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! You can jump into this circuit at any time for strength training and cardio intervals.

**Express Sculpt:** This 45-minute class provides the energy to get through the rest of the day and increases your strength and endurance.

**Extreme Conditioning:** An intense workout utilizing weights, targeting all major muscle groups. Incorporates cardiovascular exercises 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.

**Gentle Yoga:** A Yoga class gentle enough 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.

**Interval & Sculpt:** A moderate intensity cardiovascular and strength class that will give you a great total body workout.

**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.

**Metabolic Circuit:** High intensity circuit performed in three rounds with little rest in between; each set is followed with metabolic finishers intended to boost aerobic fitness, improve muscular endurance and increase metabolism.

**Physique Fusion:** Strengthen and tone while lengthening the muscles with intervals of stretching. Light weights, floor work and the ballet barre are used to push your muscles.

**Pilates:** A progressive series of exercises designed to increase the strength of your body’s core (abdominals, back, gluteus and hips) while lengthening the muscles. Classes are “multi-level” unless noted.

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

**Power (and Core) Yoga:** A vigorous, fitness based approach to Vinyasa-style flow yoga, enhances strength, flexibility and stamina. Intermediate level or higher or for a physically fit beginner seeking new challenges. **Power and Core Yoga** adds a little more core focus to your workout.

**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.

**Sculpting:** Group training that utilizes dumbbells, body bars and other strength training equipment. Class rotates monthly between strength, power and endurance formats, avoiding plateaus and maximizing results.

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

**Step:** This choreographed step class includes dance moves! Improving cardiovascular endurance, balance and coordination.

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

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

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

**Yoga:** Build strength, flexibility and balance through a combination of breathing techniques and postures. All classes are “multi-level” unless noted; instructors will determine level of class.

**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 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.

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

**Strength & Flexibility:** Improve balance, flexibility, strengthen muscles, increase mobility and improve overall well-being.

**Wet Sweat:** A new high intensity class using water weights and various cardio exercises in the water. It is a heart pumping, total body workout with little to no demanding impact on your joints.