

# 2018 WINTER FITNESS & AQUATICS GROUP EXERCISE SCHEDULE\*

## Marilyn Fox Building - Chesterfield

	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	Marty
	9:00am	Aqua Power	AQ	AQ	Olivia		8:30am	Cardio Pump	C-S	GX	Susan
	9:15am	Cycle	C	CS	Ken/Shelley		8:30am	Core Fusion <b>NEW Format</b>	C-S	MB	Lynda
	9:30am	Pilates	MB	MB	Kim		9:00am	Aqua Flow (45m)	AQ	AQ	Nancee
	10:30am	Sculpting	S	GX	Marci		9:30am	Cycle	C	CS	Laina
	10:30am	Cycle	C	CS	Julie		9:30am	Sculpting	S	GX	Susan
	10:30am	Beg/Int Yoga (70m)	MB	MB	Elise	9:30am	Yoga (85m)	MB	MB	Sandra	
<b>MONDAY</b>	5:40am	Insanity	C-S	MB	Stacy R	10:30am	Extreme Conditioning	C-S	GX	Lana	
	6:00am	Total Conditioning	C-S	GX	Dave	11:00am	Pilates <b>NEW</b>	MB	MB	Priscilla	
	8:00am	Aqua Power	AQ	AQ	Phyllis	12:00pm	Lunch Box (45m)	C	GX	Bryce	
	8:15am	Cycle 40/20 <b>NEW Instructor</b>	C	CS	Jess	1:30pm	Forever Fit	C-S	GX	Bryce	
	8:30am	Barre Fusion	C-S	GX	Valerie	5:30pm	Tabata	C-S	GX	Marci	
	9:00am	Aqua Flow <b>NEW</b>	AQ	AQ	Stephanie B	6:30pm	Beg/Int Yoga <b>NEW Time</b>	MB	MB	Elise	
	9:30am	Tabata	C-S	GX	Kim V	6:30pm	Cycle	C	CS	Maurice	
	9:30am	Stretch & Roll	MB	MB	Valerie	6:30pm	Sculpting <b>NEW</b>	C-S	GX	Euclid	
	9:30pm	Cycle	C	CS	Laina	6:30pm	Aqua Power	AQ	AQ	Olivia	
	10:30am	Pure Definition	S	GX	Kim V	<b>FRIDAY</b>	5:40am	Cycle	C	CS	Steve
	10:30am	Gentle Yoga	MB	MB	Valerie		5:40am	21 and Done	C	MB	Stacy
	12:00pm	Express Sculpt (45m)	S	GX	Lisa		6:00am	Total Conditioning	C-S	GX	Dave
	5:30pm	Cycle	C	CS	Shelley		8:00am	Aqua Power	AQ	AQ	Olivia
	5:30pm	Zumba	C	GX	Laura		8:15am	Cycle	C	CS	Stacy R
5:30pm	Beg/Int Yoga	MB	MB	Lana	8:30am		Barre Fusion	C-S	GX	Michelle	
6:30pm	Insanity	C	GX	Julia	8:30am		Power Yoga	MB	MB	Nancy	
6:30pm	Pilates	MB	MB	Monica	9:30am		Turbo Kick	C	GX	Clara	
5:40am	H.I.I.T.	C-S	GX	Alana	9:30am		Pilates	MB	MB	Valerie	
5:40am	Cycle	C	CS	Stacy R	9:30am		Cycle	C	CS	Lana	
8:30am	Cardio Pump	C-S	GX	Susan	10:30am		PiYo	C-S	GX	Angela	
8:30am	Core Fusion <b>NEW Format</b>	C-S	MB	Lynda	10:30am		Beg/Int Yoga	MB	MB	Nancy	
9:00am	Aqua Flow (45m)	AQ	AQ	Nancee	11:30am		Stretch <b>NEW</b>	MB	MB	Kay	
9:30am	Kettlebell Cross Train	S	GX	Susan	12:00pm		Express Cycle (45m)	C	CS	Karin	
9:30am	Yoga (85m)	MB	MB	Stacia	<b>SATURDAY</b>	8:00am	Cycle	C	CS	Julie	
9:30am	Cycle	C	CS	Candice		8:00am	Stretch	MB	MB	Kay	
10:30am	Physique Fusion	S	GX	Laina		8:00am	Interval & Sculpt (70m)	C-S	GX	Marci	
12:00pm	Core 45	S	GX	Lana		9:00am	Core 30	S	MB	Julie	
1:30pm	Forever Fit	C-S	GX	Leigh		9:15am	Cycle	C	CS	David C	
5:30pm	Extreme Conditioning	C-S	GX	Maurice		9:30am	Total Conditioning <b>NEW Time</b>	C-S	GX	Dave	
6:30pm	Beg/Int Yoga	MB	MB	Brenda		9:30am	Physique Fusion	C-S	MB	Lynda	
6:30pm	Cycle	C	CS	Lisa		10:30am	Zumba	C	GX	Silvia	
6:30pm	Metabolic Circuit	C-S	GX	Marci		10:30am	Yoga	MB	MB	Lynda	
6:30pm	Aqua Power	AQ	AQ	Olivia							
<b>TUESDAY</b>	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 <b>NEW Instructor</b>	C	CS	Laina						
	8:30am	H.I.I.T.	C-S	GX	Julia						
	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	Heather						
	10:30am	Pure Definition	S	GX	Alana						
	10:30am	Gentle Pilates	MB	MB	Monica						
	12:00pm	Express Cycle (45m)	C	CS	Lisa						
	5:30pm	Zumba	C	GX	Gabriela						
	5:30pm	Barre Fusion	MB	MB	Patty						
	5:30pm	Cycle	C	CS	Ken/Shelley						
	6:30pm	Turbo Kick	C	GX	Patty						
6:30pm	Pilates	MB	MB	Kim L							
<b>WEDNESDAY</b>	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 <b>NEW Instructor</b>	C	CS	Laina						
	8:30am	H.I.I.T.	C-S	GX	Julia						
	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	Heather						
	10:30am	Pure Definition	S	GX	Alana						
	10:30am	Gentle Pilates	MB	MB	Monica						
	12:00pm	Express Cycle (45m)	C	CS	Lisa						
	5:30pm	Zumba	C	GX	Gabriela						
	5:30pm	Barre Fusion	MB	MB	Patty						
	5:30pm	Cycle	C	CS	Ken/Shelley						
	6:30pm	Turbo Kick	C	GX	Patty						
6:30pm	Pilates	MB	MB	Kim L							

- Late arrivals are not permitted in class after ten minutes
- Reserving a spot for other members is not permitted.

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

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

### Additional Group Ex Notes

- All members are welcome to all classes
- Schedule subject to change without notice
- Contact: Priscilla Westbrooks, 314.442.3210  
pwestbrooks@jccstl.org



# Marilyn Fox Bldg. – 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! You can jump into this circuit at any time for strength training and cardio intervals.

**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 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 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. Also available in a 45-minute format as **Express Sculpt**.

**Stretch:** Often neglected, this class 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 movements from myofascial release therapy targeting trigger points to soothe and release tight muscles.

**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.

**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.

**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.