

# 2017 FALL FITNESS & AQUATICS GROUP EXERCISE SCHEDULE\*

## Staenberg Family Complex - Creve Coeur

	Time	Class	Emphasis	Studio	Instructor
SUNDAY	8:00am	Extreme Conditioning	C-S	GX	Maurice
	8:15am	Cycle	C	CS	Steve S.
	9:00am	Triple S (70m)	C-S	GX	Kevin
	9:20am	Cycle	C	CS	Maurice
	9:30am	Pilates	MB	MB	Lynda
	10:30am	Extreme Conditioning	C-S	GX	Maurice
	10:30am	Pure Definition	C-S	MB	Lynda
	11:30am	Zumba	C	GX	Gaby
	11:30am	Yoga (90m)	MB	MB	Maria

	Time	Class	Emphasis	Studio	Instructor
MONDAY	6:00am	Yoga	MB	MB	Steve R.
	6:00am	Tabata	C	GX	Patty
	7:00am	Circuit Training <b>NEW TIME</b>	C-S	GX	Chelsey
	8:30am	Zumba	C	GX	Ana
	8:30am	Insanity	C	MB	Ashley
	9:00am	Aqua Flow (45m)	AQ	AQ	Julie
	9:30am	Zumba	C	GX	Gaby
	9:30am	Barre Fusion	C-S	MB	Cayte
	9:30am	Cycle	C	CS	Mary
	10:30am	Forever Fit	C-S	GX	Cathleen
	10:30am	Cardio Groove	C	MB	Nicci
	11:00am	Aqua Fit	AQ	AQ	Julie
	11:30am	Simply Stretching (30m) <b>NEW</b>	MB	GX	Paige
	11:30am	Yoga	MB	MB	Nancy L.
	12:00pm	Express Sculpting (45m) <b>NEW</b>	S	GX	Moira
	4:30pm	Zumba	C	GX	Heather Z.
	5:30pm	Zumba	C	GX	Chelsey
	5:30pm	Yoga	MB	MB	Nancy L.
6:00pm	Cycle	C	CS	Steve S.	
6:15pm	Aqua Power Deep	AQ	AQ	Julie	
6:30pm	Sculpting	S	GX	Ryan	
6:30pm	Tabata	C	MB	Lehman	

	Time	Class	Emphasis	Studio	Instructor
TUESDAY	6:00am	Circuit Training	C-S	GX	Paige
	6:00am	Barre Fusion	C-S	MB	Patty
	6:00am	Cycle	C	CS	Alvin
	8:30am	Kettlebell	S	GX	Ryan
	8:30am	Pilates	MB	MB	Kristin
	9:30am	PiYo	C-S	GX	Angela
	9:30am	Yoga	MB	MB	Becky
	9:30am	Cycle	C	CS	Laurie
	9:30am	Aqua Boot Camp	AQ	AQ	Julie
	10:30am	Cardio Sculpt & Stretch	C-S	MB	Leigh
	10:30am	Forever Fit	S	GX	Cathleen
	11:00am	Aqua Fit	AQ	AQ	Stephanie
	11:30am	Gentle Yoga (75m)	MB	MB	Stacia
	2:15pm	Aqua Flow	AQ	AQ	Julie
	4:30pm	Tabata/Abs	S	GX	Cindy
	4:30pm	PiYo	C-S	MB	Angela
	5:30pm	Turbo Kick	C	GX	Cindy
	5:30pm	Yoga	MB	MB	Abby
	6:00pm	Cycle	C	CS	Mary
	6:30pm	R.I.P.P.E.D.	C-S	MB	Clara
6:30pm	Zumba Step	C	GX	Chelsey	
7:30pm	Kettlebell	S	GX	Ryan	
7:30pm	Yoga	MB	MB	Maria	

- **Late arrivals are not permitted in class after 10 minutes**
- **Reserving a spot for other members is not permitted.**

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

Studio	GX - Group Exercise Studio	CS - Cycle Studio
	MB - Mind/Body Studio	AQ - Indoor Pool

### Notes

- All members are welcome to all classes
  - Schedule subject to change without notice
  - Contact: Courtney Tucker, 314.442.3210, ctucker@jccstl.org
- \*Updated 9/18/17



	Time	Class	Emphasis	Studio	Instructor
WEDNESDAY	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	C	MB	Robin
	9:00am	Aqua Flow (45m)	AQ	AQ	Julie
	9:30am	Turbo Kick	C	GX	Clara
	9:30am	Barre Fusion	C-S	MB	Cayte
	9:30am	Cycle	C	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	AQ	Stephanie
	4:30pm	Zumba	C	GX	Laura
	5:30pm	Zumba	C	GX	Heather C.

	Time	Class	Emphasis	Studio	Instructor
THURSDAY	5:30pm	Yoga	MB	MB	Jennifer
	6:00pm	Cycle	C	CS	Steve S.
	6:15pm	Aqua Power Deep	AQ	AQ	Stephanie
	6:30pm	Pound	C	GX	Jennifer
	6:30pm	Pilates	C-S	MB	Amber
	7:30pm	Beg. Ballroom/Latin/Swing	C	GX	Elena
	8:30pm	Int. Ballroom/Latin/Swing	C	GX	Elena
	6:00am	Tabata	C-S	GX	Patty
	6:00am	Cycle	C	CS	Mary
	7:00am	Cardio Sculpt <b>NEW TIME</b>	C-S	GX	Leigh
	8:30am	Step Intervals	C-S	GX	Nancy T.
	8:30am	Pilates	MB	MB	Stacia
	9:30am	Tabata	C	GX	Kim V.
	9:30am	Cycle	C	CS	Laurie
	9:30am	Yoga	MB	MB	Stacia
10:30am	Core & More	C-S	MB	Kim V.	
10:30am	Forever Fit	S	GX	Cathleen	
11:00am	Aqua Fit	AQ	AQ	Stephanie	
11:30am	Simply Stretching (30m) <b>NEW</b>	MB	GX	Cathleen	
11:30am	Gentle Yoga (75m)	MB	MB	Emily	
12:00pm	Express Conditioning (45m)	C-S	GX	Chelsey	
2:15pm	Aqua Flow	AQ	AQ	Stephanie	
4:30pm	PiYo	C-S	GX	Cindy	
5:30pm	R.I.P.P.E.D.	C-S	GX	Clara	
5:30pm	Yoga	MB	MB	Lesley	
6:00pm	Cycle	C	CS	Shelley	
6:30pm	Zumba	C	MB	Haley	
6:30pm	Kettlebell	S	GX	Elgin	
7:30pm	Yoga	MB	MB	Steve	

	Time	Class	Emphasis	Studio	Instructor
FRIDAY	6:00am	Yoga	MB	MB	Lesley
	6:00am	Total Conditioning	C-S	GX	Courtney
	7:00am	Mindful Meditation (45m) (in Oct.)	MB	MB	Lesley
	8:30am	Cardio Sculpt	C	GX	Leigh
	8:30am	Zumba	C	MB	Rocio
	9:00am	Aqua Flow (45m)	AQ	AQ	Julie
	9:30am	Zumba	C	MB	Heather Z.
	9:30am	Kettlebell	S	GX	Ryan
	9:30am	Cycle	C	CS	Jamie
	10:30am	Forever Fit	C-S	GX	Mary
	10:30am	Pilates	MB	MB	Lynda
	11:00am	Aqua Fit	AQ	AQ	Julie
	11:30am	Yoga (85m)	MB	MB	Lynda
	8:00am	Total Conditioning (70m)	C-S	GX	Christine
	8:15am	Swim Boot Camp	AQ	AQ	Julie
8:15am	Cycle	C	CS	Susie	
8:30am	Barre Fusion	C-S	MB	Patty	
9:30am	Turbo Kick	C	GX	Clara	
9:30am	Yoga (85m)	MB	MB	Maria	
9:30am	Cycle	C	CS	Leslie	
10:30am	Zumba	C	GX	Jeli	
11:00am	Insanity	C	MB	Ashley	
1:00pm	Gentle Yoga (85m)	MB	MB	Maria	

	Time	Class	Emphasis	Studio	Instructor
SATURDAY	6:00am	Yoga	MB	MB	Lesley
	6:00am	Total Conditioning	C-S	GX	Courtney
	7:00am	Mindful Meditation (45m) (in Oct.)	MB	MB	Lesley
	8:30am	Cardio Sculpt	C	GX	Leigh
	8:30am	Zumba	C	MB	Rocio
	9:00am	Aqua Flow (45m)	AQ	AQ	Julie
	9:30am	Zumba	C	MB	Heather Z.
	9:30am	Kettlebell	S	GX	Ryan
	9:30am	Cycle	C	CS	Jamie
	10:30am	Forever Fit	C-S	GX	Mary
	10:30am	Pilates	MB	MB	Lynda
	11:00am	Aqua Fit	AQ	AQ	Julie
	11:30am	Yoga (85m)	MB	MB	Lynda
	8:00am	Total Conditioning (70m)	C-S	GX	Christine
	8:15am	Swim Boot Camp	AQ	AQ	Julie
8:15am	Cycle	C	CS	Susie	
8:30am	Barre Fusion	C-S	MB	Patty	
9:30am	Turbo Kick	C	GX	Clara	
9:30am	Yoga (85m)	MB	MB	Maria	
9:30am	Cycle	C	CS	Leslie	
10:30am	Zumba	C	GX	Jeli	
11:00am	Insanity	C	MB	Ashley	
1:00pm	Gentle Yoga (85m)	MB	MB	Maria	

## Staenberg Family Complex – Group Ex Class Descriptions

**Ballroom, Latin & Swing Dancing:** Dancing taught for anyone of any age! Wear comfortable dancing shoes. Partner 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.

**Core & More:** A full-body workout that improves core strength, stability and muscle tone, utilizing dumbbells, resistance bands, and stability balls to create a lean, sculpted body.

**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.

**Mindful Meditation:** Wakes up the body's natural intelligence to elicit the relaxation responses, helping to deeply rest the mind and the body. Classes will include instruction, guidance, readings and differing lengths of seated meditation practice.

**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. (also **Express Sculpting**)

**Simply Stretching:** Stretch all major muscle groups to improve overall flexibility and enhance your range of movement.

**Step Intervals:** Get a great step workout in an interval-style format! Stretch all major muscle groups to improve your overall flexibility and enhance a greater range of movement.

**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. (also **Express Conditioning**)

**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.

**Day Break Swim Series:** Adult coached swim workout suitable for lower level Master swimmers, beginning Triathletes and fitness swimmers. Need ability to swim with confident in deep water and 25 meters without stopping.