

2016-17 WINTER FITNESS & AQUATICS CLASS 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 (70min)	C-S	GX	Kevin
	9:30am	Pilates	MB	MB	Susan V.
	9:30am	Cycle	C	CS	Maurice
	10:30am	Extreme Conditioning	C-S	GX	Maurice
	10:30am	Pure Definition	C-S	MB	Lynda
	11:30am	Zumba	C	GX	Catelyn
	11:30am	Yoga (90min)	MB	MB	Maria
	Monday	6:00am	Yoga	MB	MB
6:00am		Tabata	C	GX	Patty
6:00am		Cycle	C	CS	Elizabeth
7:00am		Circuit Training NEW	C-S	GX	Chelsey
8:30am		Zumba	C	GX	Ana
8:30am		Insanity NEW	C	MB	Ashley
9:00am		Aqua Flow (45min)	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		Yoga	MB	MB	Nancy L.
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	Paul	
6:30pm	Tabata	C	MB	Lehman	
Tuesday	6:00am	Circuit Training	C-S	GX	Paige
	8:30am	Kettlebell	S	GX	Paul
	8:30am	Pilates	MB	MB	Kristin
	9:30am	Tabata	C-S	GX	Lynda
	9:30am	Yoga	MB	MB	Becky
	9:30am	Cycle	C	CS	Laurie
	9:30am	Aqua Power	AQ	AQ	Julie
	10:30am	Cardio Sculpt	C-S	MB	Lynda
	10:30am	Forever Fit	S	GX	Cathleen
	11:00am	Aqua Fit	AQ	AQ	Stephanie
	11:30am	Gentle Yoga (75min)	MB	MB	Stacia
	2:15pm	Aqua Flow	AQ	AQ	Julie
	4:30pm	Tabata/Abs	S	GX	Cindy
	4:30pm	PiYo NEW	C-S	MB	Angela
	4:30pm	Cycle NEW TIME	C	CS	Pam
	5:30pm	Turbo Kick	C	GX	Cindy
	5:30pm	Yoga	MB	MB	Josie
	6:00pm	Cycle	C	CS	Mary
6:30pm	R.I.P.P.E.D.	C-S	GX	Clara	
6:30pm	Zumba Step NEW	C	MB	Chelsey	
7:30pm	Kettlebell	S	GX	Paul	
7:30pm	Yoga	MB	MB	Maria	

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

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

Additional Group Ex Notes

- All members are welcome to all classes
- Schedule subject to change without notice
- Contact: Courtney Tucker, 314.442.3210, ctucker@jccstl.org

*Updated 11/28/16



	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 (45min)	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.
	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	
Thursday	6:00am	Tabata	C-S	GX	Patty
	6:00am	Cycle	C	CS	Mary
	7:00am	Cardio Sculpt NEW TIME	C-S	GX	Leigh
	8:30am	Step Intervals NEW	C-S	GX	Nancy T.
	8:30am	Pilates	MB	MB	Stacia
	9:30am	Tabata	C	GX	Kim V.
	9:30am	Cycle	C	CS	Kelly
	9:30am	Yoga	MB	MB	Stacia
	10:30am	Pure Definition	C-S	MB	Kim V.
	10:30am	Forever Fit	S	GX	Cathleen
	11:00am	Aqua Fit	AQ	AQ	Stephanie
	11:30am	Gentle Yoga (75min)	MB	MB	Emily
	2:15pm	Aqua Flow	AQ	AQ	Stephanie
	4:30pm	PiYo NEW	C-S	GX	Cindy
	4:30pm	Cycle NEW TIME	C	CS	Alvin
	5:30pm	R.I.P.P.E.D.	C-S	GX	Cindy
5:30pm	Yoga	MB	MB	Lesley	
6:00pm	Cycle	C	CS	Shelley	
6:30pm	Zumba	C	MB	Haley	
6:30pm	Kettlebell	S	GX	Paul	
7:30pm	Yoga	MB	MB	Steve	
Friday	6:00am	Yoga	MB	MB	Lesley
	6:00am	Total Conditioning	C	GX	Courtney
	8:30am	Cardio Sculpt	C	GX	Leigh
	8:30am	Zumba	C	MB	Rocio
	9:00am	Aqua Flow (45min)	AQ	AQ	Julie
	9:30am	Zumba	C	MB	Heather Z.
	9:30am	Kettlebell	S	GX	Paul
	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 (85min)	MB	MB	Lynda	
Saturday	8:00am	Total Conditioning (70min)	C-S	GX	Christine
	8:15am	Aqua 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 (70min)	MB	MB	Maria
	9:30am	Cycle	C	CS	Leslie
	10:30am	Zumba	C	GX	Jeli
	10:45am	Insanity	C	MB	Ashley
	1:00pm	Gentle Yoga (75min)	MB	MB	Maria/Stacia

Staenberg Family Complex – Group Ex Class Descriptions

Ballroom, Latin & Swing Dancing: Dancing taught for anyone of any age! Wear comfortable dancing shoes. A partner is 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.

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.

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.

Step Intervals: Get a great step workout in an interval-style format!

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.

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.