

# 2019 JANUARY-MAY FITNESS & AQUATICS GROUP EX SCHEDULE\*

## Staenberg Family Complex - Creve Coeur

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

	Time	Class	Emphasis	Studio	Instructor
<b>SUNDAY</b>	8:00am	Extreme Conditioning	C-S	GX	Maurice
	8:15am	<b>Cycle</b>	C	CS	<b>Candice</b>
	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	Hatha Yoga - Level 2-3 (90m)	MB	MB	Maria
	<b>11:45am</b>	<b>Zumba</b>	<b>C</b>	<b>GX</b>	<b>Echo</b>

	Time	Class	Emphasis	Studio	Instructor
<b>MONDAY</b>	6:00am	Hatha Yoga - Level 1-2	MB	MB	Steve R.
	6:00am	H.I.I.T.	C	GX	Patty
	<b>6:00am</b>	<b>AM Express Cycle (45m)</b>	C	CS	Sarah
	7:00am	Circuit Training	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	Express Cycle (45m)	C	CS	Mary H.
	10:30am	Forever Fit	C-S	GX	Cathleen
	10:30am	Cardio Groove	C	MB	Gaby
	11:00am	Aqua Fit	AQ	AQ	Julie
	11:30am	Simply Stretching (45m)	MB	GX	Leigh
	11:30am	Vinyasa Yoga - Level 1-2	MB	MB	Nancy L.
	12:15pm	Express Sculpting (45m)	S	GX	Moira
	1:30pm	Chair Yoga	MB	GX	Lynda
	4:30pm	Zumba	C	GX	Heather Z.
	5:30pm	Zumba	C	GX	Chelsey

	Time	Class	Emphasis	Studio	Instructor
<b>TUESDAY</b>	6:00am	Circuit Training	C-S	GX	Ashley
	6:00am	Barre Fusion	C-S	MB	Patty
	6:00am	Cycle	C	CS	Mary S.
	8:30am	Kettlebell	S	GX	Ryan
	8:30am	Pilates	MB	MB	Kristin
	9:30am	PiYo	C-S	GX	Angela
	9:30am	Vinyasa Yoga - Level 1-2	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	C-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	PiYo	C-S	GX	Cindy
	<b>4:30pm</b>	<b>Vinyasa Yoga - Level 2-3</b>	MB	MB	Abby
	<b>5:30pm</b>	<b>Mindful Meditation/Restorative Yoga</b>	MB/MB	MB/MB	Abby
	5:30pm	Turbo Kick	C	GX	Cindy
	6:00pm	Cycle	C	CS	Mary H.
	<b>6:00pm</b>	<b>Aqua Boot Camp</b>	<b>AQ</b>	<b>AQ</b>	<b>Julie</b>
6:30pm	Total Conditioning	C-S	MB	Clara	
6:30pm	Zumba Step	C	GX	Chelsey	
7:30pm	Kettlebell	S	GX	Ryan	
7:30pm	Hatha Yoga - Level 1-2	MB	MB	Maria	

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

Studio	AQ - Indoor Pool	GX - Group Ex Studio
	AQO - Outdoor Pool	MB - Mind-Body Studio
	CS - Cycle Studio	

### 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](http://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

Questions?

Priscilla Westbrooks, 314.442.3210, [pwestbrooks@jccstl.org](mailto:pwestbrooks@jccstl.org)



	Time	Class	Emphasis	Studio	Instructor
<b>WEDNESDAY</b>	6:00am	H.I.I.T.	C-S	GX	Elgin
	6:00am	Hatha Yoga - Level 2-3	MB	MB	Lesley
	<b>6:00am</b>	<b>AM Express Cycle (45m)</b>	C	CS	Sarah
	7:00am	Circuit Training	C-S	GX	Elgin
	8:30am	Cardio Sculpt	C-S	GX	Ashley
	8:30am	Zumba	C	MB	Leslie S.
	9:00am	Aqua Flow (45m)	AQ	AQ	Julie
	9:30am	Turbo Kick	C	GX	Clara
	9:30am	Barre Fusion	C-S	MB	Leigh
	9:30am	Cycle	C	CS	Jamie
	10:30am	Cardio Groove	C-S	MB	Kristin
	10:30am	Forever Fit	C-S	GX	Leigh
	11:00am	Aqua Fit	AQ	AQ	Julie
	11:30am	Vinyasa Yoga - Level 1-2	MB	MB	Julie
	12:00pm	T'ai Chi	MB	GX	Shelley S.
	1:45pm	Aquatic Tai Chi	AQ	AQ	Stephanie
	5:30pm	Zumba	C	GX	Heather C.
	5:30pm	Hatha Yoga - Level 2-3	MB	MB	Joy
	6:00pm	Cycle	C	CS	Steve S.
	6:15pm	Aqua Power Deep	AQ	AQ	Stephanie
6:30pm	Pound	C	GX	Jennifer	
6:30pm	Pilates	MB	MB	Amber	
<b>7:30pm</b>	<b>Zumba</b>	<b>C</b>	<b>MB</b>	<b>Laura</b>	
7:30pm	Beg. Ballroom/Latin/Swing	C	GX	Elena	
8:30pm	Int. Ballroom/Latin/Swing	C	GX	Elena	

	Time	Class	Emphasis	Studio	Instructor
<b>THURSDAY</b>	6:00am	H.I.I.T.	C	GX	Patty
	6:00am	Cycle	C	CS	Mary H.
	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	Hatha Yoga - Level 1-2	MB	MB	Stacia
	10:30am	Core & More	C-S	MB	Kim V.
	10:30am	Forever Fit	C-S	GX	Cathleen
	11:00am	Aqua Fit	AQ	AQ	Stephanie
	11:30am	Simply Stretching (45m)	MB	GX	Leigh
	11:30am	Gentle Yoga (75m)	MB	MB	Emily
	2:15pm	Aqua Flow	AQ	AQ	Stephanie
	4:30pm	PiYo	C-S	GX	Cindy
	4:30pm	Mindful Meditation/Restorative Yoga	MB/MB	MB/MB	Lesley
	5:30pm	R.I.P.P.E.D	C-S	GX	Clara
	5:30pm	Hatha Yoga - Level 2-3	MB	MB	Lesley
	6:00pm	Cycle	C	CS	Mary S.
	6:30pm	Zumba	C	MB	Haley
	6:30pm	Kettlebell	S	GX	Elgin
7:30pm	Hatha Yoga - Level 1-2	MB	MB	Steve	

	Time	Class	Emphasis	Studio	Instructor
<b>FRIDAY</b>	6:00am	Hatha Yoga - Level 2-3	MB	MB	Lesley
	6:00am	Total Conditioning	C-S	GX	Ashley
	<b>6:00am</b>	<b>AM Express Cycle (45m)</b>	C	CS	Sarah
	8:30am	Cardio Sculpt	C-S	GX	Leigh
	8:30am	Zumba	C	MB	Ana
	9:00am	Aqua Flow (45m)	AQ	AQ	Julie
	9:30am	Zumba	C	MB	Heather Z.
	9:30am	Kettlebell	S	GX	Elgin
	9:30am	Express Cycle (45m)	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	Hatha Yoga - Level 2-3 (85m)	MB	MB	Lynda
	11:30am	Forever Balanced	S	GX	Mary H.

	Time	Class	Emphasis	Studio	Instructor
<b>SATURDAY</b>	8:00am	Total Conditioning (70m)	C-S	GX	Sarah
	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	Vinyasa Yoga - Level 2-3 (85m)	MB	MB	Maria
	9:30am	Cycle	C	CS	Leslie K.
	10:45am	Pliability (30m/limited space)	S	CS	Leslie K.
	10:30am	Zumba	C	GX	Jeli
	11:00am	Insanity	C	MB	Ashley
	1:00pm	Gentle Yoga (85m)	MB	MB	Maria

\*Updated 1/2/19

# 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. (Includes **AM Express Cycle**)

**Extreme Conditioning:** An intense workout using weights to target major muscle groups. Incorporates cardiovascular exercise and plyometrics to challenge all fitness levels.

**Forever Balanced:** Improve key elements of balance, including strength, posture and coordination. Class is performed both standing and seated, using body weight, dumbbells, resistance bands and other equipment.

**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 combining cardio and building muscle.

**Kettlebell:** Class will offer cardiovascular, resistance and weight control benefits.

**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.

**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.

**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).

**T'ai Chi:** This graceful form of exercise involves a series of movements performed in a slow, focused manner and is accompanied by deep breathing.

**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.

## See what Yoga class is right for you!

Choose a suitable level for your yoga skills as you start your practice or further your abilities. Yoga builds strength, boosts flexibility and increases balance through breathing techniques and postures.

**Chair Yoga:** This gentle/beginner's class is practiced while sitting on a chair or standing using a chair for support. It is intended for those with mobility issues and who are looking to improve their balance and increase range of motion.

**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 which introduces additional basic postures with some longer durations. You'll focus on proper breathing and movements and should leave class feeling longer, looser, and more relaxed.

**Hatha Yoga, Level 2-3:** You should leave this class feeling challenged as this intermediate to advanced level will continue your practice of mastering most basic yoga postures, as well as more dynamic and complex ones – may include arm balances, deep backbends and inversions.

**Mindful Meditation/Restorative Yoga:** Combination class that blends guided meditation with Restorative Yoga. Restorative teaches you to feel, rather than rushing through poses from breath to breath. It cultivates a powerful inner awareness. Class includes 5-10 postures, held for up to five minutes each.

**Vinyasa Yoga, Level 1-2:** This track of yoga introduces the idea of flowing between poses, while you work your cardiovascular system. You'll be introduced to smooth transitions as you link breath to movement at this beginner to intermediate level. Routines will vary regularly and should test you physically.

**Vinyasa Yoga, Level 2-3:** This intermediate to advanced class flows quickly between poses and may include more complex postures, such as arm balances, deep backbends, inversions and variations of shoulder stand. Intended for those with a regular vinyasa and pranayama (breathing) practice who are looking to further develop their practice.

**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 Group 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.

Updated 1/2/19