

# 2016 WINTER FITNESS & AQUATICS CLASS SCHEDULE\*

## Staenberg Family Complex - Creve Coeur

	Time	Class	Emphasis	Studio	Instructor
Sunday	8:00am	Extreme Conditioning	C-S	GX	Maurice
	8:30am	Cycle	C	CS	Steve
	9:00am	Triple S 70	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	Physique Fusion	C-S	MB	Lynda
	11:30am	Yoga	MB	MB	Maria
Monday	6:00am	Yoga	MB	MB	Steve
	6:00am	Tabata	C	GX	Courtney
	6:00am	Cycle	C	CS	Elizabeth
	8:30am	Zumba	C	GX	Silvia
	8:30am	Nia	C	MB	Robin
	9:00am	Aqua Flow (45min)	AQ	AQ	Julie
	9:00am	Circuits 101	C-S	FC	Joe
	9:30am	Zumba	C	GX	Gaby
	9:30am	Physique Fusion	C-S	MB	Cayte
	9:30am	Cycle	C	CS	Mary
	10:30am	Forever Fit	C-S	GX	Cathleen
	10:30am	Cardio Barre	MB	MB	Cayte
	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	Meghan
	5:30pm	Yoga	MB	MB	Nancy L.
6:00pm	Cycle	C	CS	Meghann	
6:15pm	Aqua Power Deep	AQ	AQ	Julie	
6:30pm	Sculpting	S	GX	Meghan	
6:30pm	Insanity	C	MB	Lehman	
Tuesday	6:00am	Circuit Training	C-S	GX	Paige
	8:30am	20/20/20	C-S	GX	Lynda
	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	Energy Sculpt	C-S	GX	Meghann
	10:30am	Everlasting Strength	S	MB	Cathleen
	11:00am	Aqua Fit	AQ	AQ	Stephanie
	11:30am	Beginning Yoga	MB	MB	Stacia
	2:15pm	Aqua Flow	AQ	AQ	Julie
	4:30pm	Tabata/Abs	S	GX	Cindy
	5:30pm	Turbo Kick	C	GX	Cindy
	5:30pm	Yoga	MB	MB	Josie
	5:30pm	Cycle	C	CS	Mary
	6:30pm	R.I.P.P.E.D.	C-S	GX	Clara
6:30pm	Zumba	MB	MB	Chelsey	
7:30pm	Kettlebell	S	GX	Paul	
7:30pm	Yoga	MB	MB	Maria	

	Time	Class	Emphasis	Studio	Instructor
Wednesday	6:00am	Insanity	C	GX	Ashley
	6:00am	Yoga	MB	MB	Nancy L.
	6:00am	Cycle	C	CS	Alvin
	8:30am	Nia	C	MB	Robin
	8:30am	Sculpting	S	GX	Mary
	9:00am	Aqua Flow (45min)	AQ	AQ	Julie
	9:00am	Circuits 101	C-S	FC	Joe
	9:30am	Turbo Kick	C	GX	Clara
	9:30am	Physique Fusion	C-S	MB	Cayte
	9:30am	Cycle	C	CS	Jamie
	10:30am	Cardio Barre	C-S	MB	Meghann
	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	Chelsey
	5:30pm	Zumba	C	GX	Heather M.
	5:30pm	Yoga	MB	MB	Nancy L.
	6:00pm	Cycle	C	CS	Steve
	6:15pm	Aqua Power Deep	AQ	AQ	Stephanie
6:30pm	Insanity	C	GX	April	
6:30pm	Cardio Barre	S	MB	Catelyn	
7:30pm	Beg. Ballroom/Latin/Swing	C	GX	Elena	
8:30pm	Int. Ballroom/Latin/Swing	C	GX	Elena	

	Time	Class	Emphasis	Studio	Instructor
Thursday	6:00am	Circuit Training	C-S	GX	Paige
	8:30am	20/20/20	C-S	GX	Nancy T.
	8:30am	Pilates	MB	MB	Stacia
	9:30am	Tabata	C	GX	Kim V.
	9:30am	Cycle	C	CS	Steve
	9:30am	Yoga	MB	MB	Stacia
	10:30am	Pure Definition	C-S	GX	Kim V.
	10:30am	Everlasting Strength	S	MB	Cathleen
	11:00am	Aqua Fit	AQ	AQ	Stephanie
	11:30am	Beg. Yoga	MB	MB	Emily
	2:15pm	Aqua Flow	AQ	AQ	Stephanie
	5:30pm	R.I.P.P.E.D.	C-S	GX	Meghan
	5:30pm	Yoga	MB	MB	Lesley
	5:30pm	Cycle	C	CS	Shelley
6:30pm	Zumba	C	MB	Haley	
6:30pm	Kettlebell	S	GX	Paul	
7:30pm	Yoga	MB	MB	Steve	

	Time	Class	Emphasis	Studio	Instructor
Friday	6:00am	Yoga	MB	MB	Nancy L.
	6:00am	Tabata	C	GX	Courtney
	6:00am	Cycle	MB	CS	Mary
	8:30am	Sculpting	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	Forever Fit	C	CS	Meghann
	10:30am	Forever Fit	C-S	GX	Cathleen
	10:30am	Pilates	MB	MB	Lynda
	11:00am	Aqua Fit	AQ	AQ	Julie
11:30am	Yoga (85min)	MB	MB	Lynda	

	Time	Class	Emphasis	Studio	Instructor
Saturday	8:00am	Total Conditioning (70min)	C-S	GX	Christine
	8:15am	Aqua Boot Camp	AQ	AQ	Julie
	8:30am	Cardio Barre	S	MB	Patty
	8:30am	Cycle	CS	CS	Susie
	9:30am	Turbo Kick	C	GX	Clara
	9:30am	Yoga	MB	MB	Maria
	9:30am	Cycle	C	CS	Leslie
	10:30am	Zumba	C	GX	Jeli
1:00pm	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
	MB - Mind/Body Studio
	CS - Cycle Studio
	FC - Fitness Center
	AQ - Indoor Pool



### Additional Group Ex Notes

- All members are welcome to all classes
- Schedule subject to change without notice
- Contact: Brooke McGee, 314-442-3210, bmcgee@jccstl.org

\*Updated 3/7/16

# Staenberg Family Complex – Group Ex Class Descriptions

**20/20/20:** 20/20/20 is designed to give you the ultimate challenge and total body workout - 20 minutes each of cardio, strength training and stretching/core work.

**Abs:** Work your core with a blast of conditioning exercises to enhance your abdominal definition and stability.

**Ballroom, Latin & Swing Dancing:** Dancing taught for anyone of any age! Wear comfortable dancing shoes. A partner is not required.

**Cardio Barre:** This energetic, fun workout 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.

**Circuits 101:** A circuit training class lead by a personal trainer using machines on the fitness floor.

**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.

**Energy Sculpt:** High intense cardio, strength & muscle endurance format. Using a variety of equipment to challenge your full body.

**Equilibrium:** A fusion class combining Yoga, Pilates, Tai Chi and dance. There is an emphasis on optimal alignment for a fuller and safer experience.

**Everlasting Strength:** A low-intensity strength and endurance class; builds stability, mobility, balance & flexibility.

**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.

**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.

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

**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.

**Pure Definition:** Total body workout for all fitness levels using dumbbells, body bars and stability balls. Leads to improved strength and muscular tone for a lean and 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.

**Strength PiYo™:** This is all about strength training and core conditioning for people who want to create sculpted abs, increased core strength and greater stability!

**Tabata:** An intense interval training class that follows a specific timed format.

**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.

**TurboKick:** 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.

**Zumba:** A fusion of Latin and International music; featuring aerobic/fitness interval training with fast and slow rhythms that tone and sculpt the body.

## 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.