

2019 SEPT-DEC FITNESS & AQUATICS GROUP EX SCHEDULE*

Marilyn Fox Building - Chesterfield

Bold BLUE text indicate new class, new time and/or new instructor.

| | Time | Class | Emphasis | Studio | Instructor | | Time | Class | Emphasis | Studio | Instructor |
|---------------|---------------------------------|--------------------------------|------------|----------------------|---------------------|-----------------------|------------------------------|------------------------------|------------|---------------|---------------------|
| SUNDAY | 8:30am | Barre Fusion | C-S | GX | Monica | THURSDAY | 5:40am | H.I.I.T. | C-S | GX | Alana |
| | 9:30am | Cardio Combo (70m) | C-S | GX | Susan | | 8:00am | Wet Sweat | C-S | AQ | Phyllis |
| | 9:00am | Aqua Power | C-S | AQ | Jeanine | | 8:30am | Cardio Pump | C-S | GX | Susan |
| | 9:15am | Cycle | C | CS | Susan S. | | 8:30am | Physique Fusion | C-S | MB | Laina/Cathy |
| | 9:30am | Pilates | MB | MB | Kim | | 9:00am | Aqua Flow (45m) | F-S | AQ | Nancee |
| | 10:30am | Cycle | C | CS | Julie | | 9:30am | Cycle | C | CS | Laina/Sheila |
| | 10:30am | Hatha Yoga - Level 1-2 (70m) | MB | MB | Elise | | 9:30am | Sculpting | S | GX | Susan |
| MONDAY | 5:40am | Insanity | C-S | GX | Mindy | 9:30am | Hatha Yoga - Level 2-3 (85m) | MB | MB | Sandra | |
| | 6:00am | Early Express Circuit | C-S | FF | Jeanine | 10:30am | Extreme Conditioning | C-S | GX | Maurice | |
| | 8:00am | Aqua Power | C-S | AQ | Phyllis | 12:00pm | Lunch Box (45m) | C | GX | Bryce | |
| | 8:15am | Cycle 40/20 | C-S | CS | Barb | 1:30pm | Forever Fit | C-S | GX | Bryce | |
| | 8:00am | Cardio Pump (50m) | C-S | GX | Sandy | 5:30pm | Tabata | C-S | GX | Shelly D | |
| | 8:30am | Barre Fusion | C-S | MB | Valerie | 6:00pm | Hatha Yoga - Level 1-2 | MB | MB | Elise | |
| | 9:30am | Tabata | C-S | GX | Kim V | 6:00pm | Cycle 40/20 | C-S | CS | Maurice | |
| | 9:30am | Stretch & Roll | F | MB | Valerie | 6:30pm | Barre Fusion | C-S | GX | Monica | |
| | 9:30am | Cycle | C | CS | Laina/Sheila | 6:30pm | Aqua Power | C-S | AQ | Olivia | |
| | 10:30am | Pure Definition | S | GX | Kim V | FRIDAY | 5:40am | H.I.I.T. | C-S | MB | Mindy |
| | 10:30am | Hatha Yoga - Level 1-2 | MB | MB | Valerie | | 5:40am | Cycle | C | CS | Candice |
| | 10:30am | Pliability (30m/limited space) | F-S | CS | Laina | | 6:00am | Total Conditioning | C-S | GX | Jeanine |
| | 12:00pm | Express Sculpt (45m) | S | GX | Lisa | | 8:00am | Aqua Power | C-S | AQ | Jeanine |
| | 5:30pm | Gentle Yoga | MB | MB | Carley | | 8:30am | Cycle | C | CS | Laina |
| | 5:30pm | Zumba | C | GX | Danielle | | 8:30am | Barre Fusion | C-S | GX | Michelle |
| 6:00pm | Cycle | C | CS | Shelley | 8:30am | | Vinyasa Yoga - Level 2-3 | MB | MB | Nancy | |
| 6:30pm | Turbo Kick | C | GX | Sarah | 9:30am | | Turbo Kick | C | GX | Clara | |
| 6:30pm | Pilates | MB | MB | Monica | 9:30am | | Pilates | MB | MB | Valerie | |
| 5:40am | H.I.I.T | C-S | GX | Alana | 10:30am | | PiYo | C-S | GX | Sarah | |
| 8:30am | Cardio Pump | C-S | GX | Susan | 10:30am | | Hatha Yoga - Level 1-2 | MB | MB | Nancy | |
| 8:30am | Core Fusion | C-S | MB | Barb | 11:30am | | Stretch | F | MB | Kay | |
| 9:00am | Aqua Flow (45m) | F-S | AQ | Nancee | 12:00pm | | Express Cycle (45m) | C | CS | Karin | |
| 9:30am | Kettlebell Cross Train | S | GX | Susan | 1:00pm | | T'ai Chi | MB | GX | Craig | |
| 9:30am | Hatha Yoga - Level 1-2 (85m) | MB | MB | Stacia | 5:30pm | | Zumba | C | GX | Rachel | |
| 10:30am | Physique Fusion + (70m) | S | GX | Laina/Jessica | SATURDAY | 8:00am | Cycle | C | CS | Julie | |
| 11:00am | Pilates | MB | MB | Mindy | | 8:00am | Stretch | F | MB | Kay | |
| 12:00pm | C3-45 | C-S | GX | Laina | | 8:30am | Tabata | C-S | GX | Shelly D. | |
| 1:30pm | Forever Fit | C-S | GX | Denise | | 9:00am | Core 30 | S | MB | Julie | |
| 3:00pm | T'ai Chi (70m) | MB | GX | Craig | | 9:15am | Express Cycle (45m) | C | CS | Alana | |
| 5:00pm | Stretch | F | MB | Kay | | 9:30am | Total Conditioning | C-S | GX | Dave | |
| 5:30pm | Extreme Conditioning | C-S | GX | Maurice | | 9:30am | Pilates | C-S | MB | Lynda | |
| 6:30pm | Vinyasa Yoga - Level 1-2 | MB | MB | Brenda | | 10:30am | Zumba | C | GX | Danielle | |
| 6:30pm | Cycle | C | CS | Lisa | | 10:30am | Hatha Yoga - Level 2-3 | MB | MB | Lynda | |
| 6:30pm | Cardio Pump | C-S | GX | Sandy | | WEDNESDAY | 5:40am | Insanity | C-S | GX | Mindy |
| 6:30pm | Aqua Power | C-S | AQ | Olivia | | | 5:40am | Cycle | C | CS | Jeanine |
| 5:40am | Insanity | C-S | GX | Mindy | | | 8:00am | Vinyasa Yoga - Lvl 1-2 (85m) | MB | MB | Nancy |
| 8:00am | Vinyasa Yoga - Lvl 1-2 (85m) | MB | MB | Nancy | | | 8:00am | Aqua Power | C-S | AQ | Phyllis |
| 8:00am | Aqua Power | C-S | AQ | Phyllis | | | 8:15am | Cycle | C | CS | Barb |
| 8:15am | Cycle | C | CS | Barb | | | 8:30am | H.I.I.T. | C-S | GX | Julia |
| 8:30am | H.I.I.T. | C-S | GX | Julia | 9:30am | | Tabata | C-S | GX | Kim V | |
| 9:30am | Tabata | C-S | GX | Kim V | 9:30am | Cycle 40/20 | C | CS | Heather | | |
| 9:30am | Cycle 40/20 | C | CS | Heather | 10:30am | Zumba | C | GX | Gaby | | |
| 10:30am | Zumba | C | GX | Gaby | 10:30am | Gentle Pilates | MB | MB | Monica | | |
| 10:30am | Gentle Pilates | MB | MB | Monica | 12:00pm | Express Cycle (45m) | C | CS | Lisa | | |
| 12:00pm | Express Cycle (45m) | C | CS | Lisa | 5:30pm | Zumba | C | GX | Danielle | | |
| 5:30pm | Zumba | C | GX | Danielle | 6:00pm | Cycle | C | CS | Shelly | | |
| 6:00pm | Cycle | C | CS | Shelly | 6:30pm | Transform LIVE | C-S | GX | Ali | | |
| 6:30pm | Transform LIVE | C-S | GX | Ali | 6:30pm | Pilates | MB | MB | Kim L | | |
| 6:30pm | Pilates | MB | MB | Kim L | | | | | | | |

- 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
 - 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

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|--------------|-----------------|------------------------------|
| Emph. | C - Cardio | C-S - Cardio & Strength |
| | F - Flexibility | F-S - Flexibility & Strength |
| | MB - Mind/Body | S - Strength |

| | |
|---------------|---------------------------------------|
| Studio | AQ - Indoor Pool / AQO - Outdoor Pool |
| | CS - Cycle Studio |
| | FF - Fitness Floor |
| | GX - Group Exercise Studio |
| | MB - Mind/Body Studio |

Questions?
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Marilyn Fox Building – Group Ex Class Descriptions

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 Combo: A new cardiovascular class that may include Step, high-low impact aerobics, H.I.I.T. or Tabata, combined with elements of strength and core work, followed by cool down and stretching essentials.

Cardio Pump: A low-intensity aerobic class combining strength and endurance, joint stability and mobility, balance and flexibility.

C3-45: Get in a 45-minute work out that focuses on your core, cardio and coordination.

Core Fusion: Strengthen, stabilize and tone your core with traditional exercises as well as Pilates-based exercises.

Cycle: You will experience an aerobic exercise on a stationary bike while an instructor motivates you through visualization with motivational music.

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! Jump in at any time for strength training and cardio intervals.

Extreme Conditioning: An intense workout utilizing weights, targeting all major muscle groups. Includes cardiovascular work and plyometrics.

Forever Fit: A low-intensity aerobic class offering a cardiovascular workout, combining 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.

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.

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.

Physique Fusion: Strengthen and tone while lengthening muscles with intervals of stretching between light weights, floor work and a ballet barre.

Pilates: A progressive series of exercises designed to increase the strength of your body's core (abs, glutes & back) while lengthening the muscles.

PiYo: An athletic workout combining mind/body practices of Yoga and Pilates with 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.

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: Utilizes dumbbells, body bars and other strength training equipment with a monthly rotation between strength, power and endurance, (45-minute format is **Express Sculpt**)

Stretch: You 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 myofascial release therapy targeting tight muscles.

Tabata: High-intense, interval training; 20 seconds of cardio then a 10-second rest period (eight times). Increases endurance and metabolism, while decreasing body fat. Suitable for all fitness levels.

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

Total Conditioning: This class combines anaerobic activity with plyometric and calisthenics drills for a challenging cardio option.

Transform LIVE: Using a step to ramp up your calorie burn, this music-driven, high-intensity cardio-conditioning class is designed specifically for the group fitness room. Transform LIVE emphasizes positivity and inspiration.

Turbo Kick: An energizing, cardio kickboxing interval class; includes intensity drills and energy sprints followed by work recovery segments.

See what Yoga class is right for you!

Choose your appropriate level as you build strength, boost flexibility and increase balance through breathing techniques and postures.

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; introduces additional basic postures with some longer durations. Focus is on proper breathing and movements; should leave feeling looser and relaxed.

Hatha Yoga, Level 2-3: Class should feel challenging at this intermediate to advanced level as you continue mastering basic postures, and more dynamic and complex ones – may include arm balances, deep backbends and inversions.

Hatha Yoga, Level 2-3: Class should feel challenging at this intermediate to advanced level as you continue mastering basic postures, and more dynamic and complex ones.

Vinyasa Yoga, Level 2-3: An intermediate/advanced class that flows quickly between poses and may include complex postures. For those with a regular vinyasa and pranayama (breathing) practice who want to further develop their practice.

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 Group 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.

Wet Sweat: A high intensity total body workout with water weights and various cardio exercises with little to no hard-joint impact.