

2020 Jan-May Fitness & Aquatics Group Ex Schedule*

Marilyn Fox Building - Chesterfield

Bold RED text indicates new class, new time and/or new instructor.

| Time | Class | Emphasis | Studio | Instructor | |
|--------|---------|------------------------------|--------|------------|----------------|
| SUNDAY | 8:30am | Barre Fusion | C-S | GX | Monica |
| | 9:30am | Cardio Combo (70m) | C-S | GX | Susan |
| | 9:00am | Aqua Power | C-S | AQ | Phyllis |
| | 9:15am | Cycle | C | CS | Shelley |
| | 9:30am | Pilates | MB | MB | Kim |
| | 10:30am | Cycle | C | CS | Julie |
| | 10:30am | Hatha Yoga - Level 1-2 (70m) | MB | MB | Elise |

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| MONDAY | 5:40am | Insanity | C-S | GX | Mindy |
| | 6:00am | Early Express Circuit | C-S | MB | Jeanine |
| | 8:00am | Aqua Power | C-S | AQ | Phyllis |
| | 8:15am | Cycle 40/20 | C-S | CS | Barb |
| | 8:30am | Barre Fusion | C-S | MB | Valerie |
| | 9:30am | Tabata | C-S | GX | Kim V |
| | 9:30am | Stretch & Roll | F | MB | Valerie |
| | 9:30am | Cycle | C | CS | Laina |
| | 10:30am | Pure Definition | S | GX | Kim V |
| | 10:30am | Hatha Yoga - Level 1-2 | MB | MB | Valerie |
| | 12:00pm | Express Sculpt (45m) | S | GX | Lisa |
| | 5:30pm | Gentle Yoga | MB | MB | Carley |
| | 5:30pm | Zumba | C | GX | Danielle |
| | 6:00pm | Cycle | C | CS | Shelley |
| 6:30pm | HIGH Fitness | C-S | GX | Sarah | |
| 6:30pm | Pilates | MB | MB | Monica | |

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| TUESDAY | 5:40am | 50/50 | C-S | GX | Alana |
| | 8:30am | Cardio Pump | C-S | GX | Susan |
| | 8:30am | Core Fusion | C-S | MB | Barb |
| | 9:00am | Cycle | C | CS | Jill |
| | 9:00am | Aqua Flow (45m) | F-S | AQ | Nancee |
| | 9:30am | Kettlebell Cross Train | S | GX | Susan |
| | 9:30am | Hatha Yoga - Level 1-2 (70m) | | MB/MB | Stacia |
| | 10:30am | Physique Fusion | S | GX | Laina/Monica |
| | 11:00am | Pilates | MB | MB | Mindy |
| | 12:00pm | C3-45 | C-S | GX | Laina |
| | 1:30pm | Forever Fit | C-S | GX | Denise |
| | 3:00pm | T'ai Chi (70m) | MB | GX | Craig |
| | 5:00pm | Stretch | F | MB | Kay |
| | 5:30pm | Extreme Conditioning | C-S | GX | Maurice |
| 6:30pm | Vinyasa Yoga - Level 1-2 | MB | MB | Brenda | |
| 6:30pm | Cycle | C | CS | Lisa | |
| 6:30pm | Pure Definition | C-S | GX | Sandy | |
| 6:30pm | Aqua Power | C-S | AQ | Olivia | |

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|-----------|--------------------|------------------------------|-----------|-----------|----------------|
| WEDNESDAY | 5:40am | Insanity | C-S | GX | Mindy |
| | 5:40am | Cycle | C | CS | Jeanine |
| | 8:00am | Vinyasa Yoga - Lvl 1-2 (85m) | MB | MB | Nancy |
| | 8:00am | Aqua Power | C-S | AQ | Phyllis |
| | 8:15am | Cycle 40/20 | C-S | CS | Barb |
| | 8:30am | H.I.I.T. | C-S | GX | Julia |
| | 9:30am | Tabata | C-S | GX | Kim V |
| | 9:30am | Gentle Yoga | MB | MB | Suzanne |
| | 9:30am | Cycle 40/20 | C-S | CS | Heather |
| | 10:30am | Zumba | C | GX | Gaby |
| | 10:30am | Gentle Pilates | MB | MB | Monica |
| | 11:30am | Zumba Gold | C | GX | Gaby |
| | 12:00pm | Express Cycle (45m) | C | CS | Lisa |
| | 5:30pm | Zumba | C | GX | Danielle |
| 6:00pm | Cycle | C | CS | Shelley | |
| 6:30pm | Cardio Pump | C-S | GX | Ali | |
| 6:30pm | Pilates | MB | MB | Kim L | |

| Time | Class | Emphasis | Studio | Instructor | |
|----------|--------------|-------------------------------------|--------|------------|--------------|
| THURSDAY | 5:40am | H.I.I.T. | C-S | GX | Alana |
| | 8:00am | Wet Sweat | C-S | AQ | Phyllis |
| | 8:30am | Cardio Pump | C-S | GX | Susan |
| | 8:30am | Physique Fusion | C-S | MB | Laina/Cathy |
| | 9:00am | Aqua Flow (45m) | F-S | AQ | Nancee |
| | 9:30am | Cycle | C | CS | Laina/Leslie |
| | 9:30am | Sculpting | S | GX | Susan |
| | 9:30am | Hatha Yoga - Level 2-3 (70m) | | MB/MB | Sandra |
| | 10:30am | Extreme Conditioning | C-S | GX | Maurice |
| | 12:00pm | Express Circuit | C | GX | Bryce |
| | 1:30pm | Forever Fit | C-S | GX | Bryce |
| | 5:30pm | Tabata | C-S | GX | Shelly D |
| | 6:00pm | Hatha Yoga - Level 1-2 | MB | MB | Elise |
| | 6:00pm | Cycle 40/20 | C-S | CS | Maurice |
| 6:30pm | Barre Fusion | C-S | GX | Monica | |
| 6:30pm | Aqua Power | C-S | AQ | Olivia | |

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|--------|---------|--------------------------|-----|--------|------------|
| FRIDAY | 5:40am | H.I.I.T. | C-S | MB | Mindy |
| | 5:40am | Cycle | C | CS | Candice |
| | 6:00am | Total Conditioning | C-S | GX | Jeanine |
| | 8:00am | Aqua Power | C-S | AQ | Jeanine |
| | 8:30am | Cycle | C | CS | Laina/Jill |
| | 8:30am | Barre Fusion | C-S | GX | Michelle |
| | 8:30am | Vinyasa Yoga - Level 2-3 | MB | MB | Nancy |
| | 9:30am | Turbo Kick | C | GX | Clara |
| | 9:30am | Pilates | MB | MB | Valerie |
| | 10:30am | PiYo | C-S | GX | Sarah |
| | 10:30am | Hatha Yoga - Level 1-2 | MB | MB | Nancy |
| | 11:30am | Stretch | F | MB | Kay |
| | 12:00pm | Express Cycle (45m) | C | CS | Karin |
| | 1:00pm | T'ai Chi | MB | GX | Craig |
| 5:30pm | Zumba | C | GX | Rachel | |

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|----------|---------|------------------------|-----|----|-----------|
| SATURDAY | 8:00am | Cycle | C | CS | Julie |
| | 8:00am | Stretch | F | MB | Kay |
| | 8:30am | Tabata | C-S | GX | Shelly D. |
| | 9:00am | Core 30 | S | MB | Julie |
| | 9:15am | Express Cycle (45m) | C | CS | Alana |
| | 9:30am | Total Conditioning | C-S | GX | Dave |
| | 9:30am | Pilates | C-S | MB | Lynda |
| | 10:30am | Zumba | C | GX | Danielle |
| | 10:30am | Hatha Yoga - Level 2-3 | MB | MB | Lynda |

- 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 jcstl.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

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

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

Questions?

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Updated 1/3/2020



Marilyn Fox Building – Group Ex Class Descriptions

50/50: Discover your high intensity cardio & strength training limits for 30 minutes, then we'll transition to Pilates-inspired core & stretching period. Participants may join (or depart) at the half way point.

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.

Express Circuit: This well-rounded workout utilizes fitness equipment, including everything from weights, mats, bands, body bars and more, in fun & challenging circuits.

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 be attended every day. An ideal workout for students beginning 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.

HIGH Fitness: This simple, intense, consistent, inclusive and fun class takes old-school aerobics to the next level with modern fitness techniques such as H.I.I.T. training, plyometrics, intervals of strength and cardio, and more.

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.

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.

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 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.

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.

Zumba Gold: A low-impact variety of our very popular Zumba classes. This is a perfect variation for active older adults looking for a modified Zumba class that offers cardiovascular and muscular conditioning, along with flexibility and balance work.

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.