

# 2020 July Fitness Group Ex Schedule\*

Staenberg Family Complex - Creve Coeur

Day	Time	Class	Instructor
Monday	6:00am	H.I.I.T.	Patty
	7:30am	Pilates	Lynda
	9:30am	Aqua Fit (indoor pool)	Julie
	4:30pm	Forever Fit	Cathleen
	6:00pm	Strong Nation	Echo
Tuesday	6:00am	Barre	Patty
	7:30am	Zumba	Gaby
	9:30am	Aqua Fit (indoor pool)	Julie
	4:30pm	Turbo Kick	Cindy
	6:00pm	Zumba	Mary M.
Wednesday	6:00am	Strength & Mobility	Val
	7:30am	Stretch	Val
	9:30am	Aqua Fit (indoor pool)	Julie
	4:30pm	Forever Fit	Leigh
	6:00pm	Pound	Jennifer
Thursday	6:00am	H.I.I.T.	Patty
	7:30am	Zumba	Gaby
	9:30am	Aqua Fit (indoor pool)	Stephanie
	4:30pm	Tabata	Malinda
	6:00pm	Zumba	Melanie
Friday	6:00am	Total Conditioning	Elise
	9:30am	Aqua Fit (indoor pool)	Stephanie
	7:30am	Insanity	Ashley
Saturday	8:30am	Turbo Kick	Clara
	8:00am	Aqua Boot Camp	Julie
	11:30am	Zumba	Jody
Sunday	7:30am	Poolside Yoga	MK
	8:30am	Total Conditioning	Clara
	11:30am	Stretch	Leigh

**Note:**  
All classes will be held in the Gym

Classes start on time. Members with reservations will have a five-minute grace period, after which we may fill open spaces.

## \*\* Important Class Notes - Please Read \*\*

*\*All classes are subject to change*

- Classes will be limited to nine participants
- Members must reserve their spot for classes online
- Spots can be reserved beginning 48 hours in advance of a class until one hour prior to the start time
- Participants should maintain at least six feet from others in class
- Participants will need to bring their own mat if taking a class that requires one
- Participants will need to bring their own water bottle and towel.

\*updated 7/13/2020

