

# 2020 Fall Fitness Group Ex Schedule\*

## Staenberg Family Complex - Creve Coeur

Day	Time	Class	Instructor	Location
Monday	6:00am	H.I.I.T.	Patty	Gym
	7:00am	Vinyasa Yoga L2-3	Lesley H.	Pool Deck
	7:30am	Pilates	Lynda	Gym
	9:00am	Circuit Training	Joe R.	Gym
	9:00am	Aqua Fit	Stephanie	Indoor Pool
	11:00am	Aqua Fit	Stephanie	Indoor Pool
	11:30am	Forever Fit	Cathleen	GX Studio
	5:30pm	PiYo	Cindy	Pool Deck
	6:00pm	Strong Nation	Echo	Gym
Tuesday	6:00am	Barre	Patty	Gym
	6:00am	Circuit Training	Elise W.	Pavilion
	7:30am	Zumba	Gaby	Gym
	9:00am	Aqua Fit	Heather	Indoor Pool
	4:30pm	Turbo Kick	Cindy	Gym
	6:00pm	Zumba	Mary M.	Gym
Wednesday	7:00am	Vinyasa Yoga L2-3	Lesley H.	Pool Deck
	8:30am	Turbo Kick	Clara	GX Studio
	9:00am	Circuit Training	Joe R.	Gym
	9:00am	Aqua Fit	Stephanie	Indoor Pool
	11:30am	Forever Fit	Leigh	GX Studio
	5:30pm	Hatha Yoga L2-3	Joy	Pool Deck
	6:00pm	Pound	Jennifer	Gym
Thursday	6:00am	H.I.I.T.	Patty	Gym
	7:30am	Zumba	Gaby	Gym
	9:00am	Aqua Fit	Stephanie	Indoor Pool
	11:15am	Barre	Leigh	Pool Deck
	4:30pm	Tabata	Elise	Gym
	6:00pm	Zumba	Melanie	Gym
Friday	6:00am	Total Conditioning	Elise	Gym
	7:30am	Insanity	Ashley	Gym
	8:30am	Hatha Yoga (L1-2)	Steve	GX Studio
	9:00am	Cycle	Sarah	Gym
	9:00am	Aqua Fit	Stephanie	Indoor Pool
	9:30am	Zumba	Gaby	Pavilion
	11:30am	Forever Fit	Cathleen	GX Studio
Saturday	8:30am	Turbo Kick	Clara	Gym
	8:00am	Aqua Boot Camp	Julie	Outdoor Field
	8:15am	Cycle	Susie D.	Pavilion
	11:30am	Zumba	Jody	Gym
Sunday	8:30am	Total Conditioning	Clara	Gym
	11:30am	Stretch	Leigh	GX Studio
	4:30pm	Cycle	Leslie K.	Gym

**NEW OUTDOOR GROUP EX CLASSES**  
New classes appear in blue highlight and are weather permitting. If weather is an issue, you can find the classes virtually.

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.

### OUTDOOR CLASSES

- If a class is cancelled due to weather, those with a reservation will be notified via email.

\*updated 10/5/2020

