

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

