

# 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	<b>Vinyasa Yoga L2-3</b>	Lesley H.	<b>Gym</b>
	7:30am	<b>Pilates</b>	Lynda	<b>GX Studio</b>
	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
	6:00pm	Strong Nation	Echo	Gym
	<b>6:30pm</b>	<b>Hatha Yoga - L1-2</b>	<b>Nivi</b>	<b>GX Studio</b>
Tuesday	6:00am	Barre	Patty	Gym
	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	<b>6:00am</b>	<b>Vinyasa Yoga L2-3</b>	<b>Lesley H.</b>	<b>Gym</b>
	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
	6:00pm	Pound	Jennifer	Gym
	<b>6:30pm</b>	<b>Hatha Yoga L2-3</b>	<b>Joy</b>	<b>GX Studio</b>
<b>7:30pm</b>	<b>Cycle</b>	<b>James</b>	<b>Gym</b>	
Thursday	6:00am	H.I.I.T.	Patty	Gym
	7:30am	Zumba	Gaby	Gym
	9:00am	Aqua Fit	Stephanie	Indoor Pool
	<b>5:00pm</b>	<b>Tabata (45min)</b>	Elise	Gym
	6:00pm	Zumba	Melanie	Gym
Friday	6:00am	Total Conditioning	Elise	Gym
	7:30am	Insanity	Ashley	Gym
	<b>8:30am</b>	<b>Hatha Yoga (L1-2)</b>	<b>Steve</b>	<b>GX Studio</b>
	<b>9:00am</b>	<b>Cycle</b>	<b>Sarah</b>	<b>Gym</b>
	9:00am	Aqua Fit	Stephanie	Indoor Pool
	11:30am	Forever Fit	Cathleen	GX Studio
Saturday	8:00am	Aqua Boot Camp	Julie	Outdoor Field
	8:30am	Turbo Kick	Clara	Gym
	<b>10:00am</b>	<b>Cycle</b>	<b>Susie D.</b>	<b>Gym</b>
	11:30am	Zumba	Jody	Gym
Sunday	8:30am	Total Conditioning	Clara	Gym
	11:30am	Stretch	Leigh	GX Studio
	<b>3:00pm</b>	<b>Cycle</b>	Leslie K.	Gym

Red indicates new class, time and/or instructor.

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

- Class spots must be reserved online. Reservations can be made up to 48 hours in advance until one hour prior to the class start time
- Classes in the gym have a limit of 9 participants; classes in the group exercise studio have a limit of 7
- If you cannot attend, reservations should be canceled 12 hours prior to class start time
- If you do not cancel and "no show" multiple times, your ability to reserve a spot may be restricted
- Late arrivals are not permitted in class after 10 minutes
- Participants need to remain 10 feet apart while in class
- Participants will need to bring their own water bottle, towel and mat (if class requires one)
- **Masks must be worn at all times, even during exercise.**
- **Mask can only be removed when in the pool.**