

2021 Winter 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. | Gym |
| | 8:00am | Hatha Yoga - L2-3 | Lynda | GX Studio |
| | 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 |
| | 6:30pm | Hatha Yoga - L1-2 | Nivi | GX Studio |
| 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 | 6:00am | Vinyasa Yoga - L2-3 | Lesley H. | Gym |
| | 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 |
| | 6:30pm | Hatha Yoga - L2-3 | Joy | GX Studio |
| 7:30pm | Cycle | James | Gym | |
| Thursday | 6:00am | H.I.I.T. | Patty | Gym |
| | 7:30am | Zumba | Gaby | Gym |
| | 9:00am | Cycle | Leslie K. | Gym |
| | 9:00 | Kettlebell | Elgin | GX Studio |
| | 9:00am | Aqua Fit | Stephanie | Indoor Pool |
| | 5:00pm | Tabata (45min) | 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 |
| | 11:30am | Forever Fit | Cathleen | GX Studio |
| Saturday | 8:00am | Aqua Boot Camp | Julie | Outdoor Field |
| | 8:30am | Turbo Kick | Clara | Gym |
| | 10:00am | Cycle | Susie D. | Gym |
| | 11:30am | Zumba | Jody | Gym |
| Sunday | 8:30am | Total Conditioning | Clara | Gym |
| | 11:30am | Stretch | Leigh | GX Studio |
| | 3:00pm | Cycle | Leslie K. | Gym |

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

Red indicates new class, time and/or instructor.

** 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.**