

2021 SUMMER FITNESS & AQUATICS GROUP EX SCHEDULE*

Steenberg Family Complex - Creve Coeur

Bold RED classes indicate new class, new time and/or new instructor.

Time	Class	Emphasis	Studio	Instructor
8:30am	Total Conditioning	S	GX	Clara
8:15am	Daybreak	C-S	OP	Julie
9:30am	Step	C-S	GX	Kevin
9:30am	Cycle	C	CS	Maurice
10:30am	Extreme Conditioning	C-S	GX	Maurice
11:30am	Stretch	F	MB	Leigh
11:30am	Zumba	C	GX	Echo

Time	Class	Emphasis	Studio	Instructor
6:00am	H.I.I.T.	C	GX	Patty
6:00am	AM Express Cycle (45min)	C	CS	Karen
9:00am	Aqua Fit	C-S	AQ	Julie
9:00am	Circuit Training		FIT	Joe
9:30am	Cardio & Core		MB	Leigh
9:30am	Zumba	C	GX	Gaby
9:30am	Greatest H.I.I.T.S. Cycle	C	CS	Jill
10:30am	Forever Fit	C-S	GX	Cathleen
11:00am	Aqua Fit	C-S	AQ	Julie
6:00pm	Strong Nation		GX	Echo

Time	Class	Emphasis	Studio	Instructor
6:00am	Barre	C-S	GX	Patty
7:00am	Hatha Yoga - L2-3	MB	MB	Lynda
7:30am	Zumba	C	GX	Gaby
8:30am	Strength and Conditioning		GX	Sarah
9:15am	Swim Boot Camp	C-S	OP	Julie
9:30am	Step Intervals	C-S	GX	Leigh
10:30am	Forever Fit	C-S	GX	Cathleen
11:00am	Aqua Fit	C-S	AQ	Stephanie
4:30pm	PiYo	C-S	GX	Cindy
5:30pm	Mat Pilates	MB	MB	Kristin
5:30pm	Turbo Kick	C	GX	Cindy
6:00pm	After Work Cycle	C	CS	James
6:30pm	Hatha Yoga - L1-2	MB	MB	Nivi
6:30pm	Zumba	C	GX	Mary

Emph.	C - Cardio	C-S - Cardio & Strength	MB - Mind/Body
	F - Flexibility	F - Flexibility & Strength	S - Strength

Studio	AQ - Indoor Pool	GX - Group Ex Studio	CS - Cycle Studio
	OP - Outdoor Pool	MB - Mind-Body Studio	

- Notes**
- Class spots must be reserved online. Reservations may be made 48 hours in advance.
 - Classes start on time.
 - Members have a five-minute grace period, after which we may fill open spaces.
 - Classes have capacity limits: Cycle = 20; GX = 14; MB = 9.
 - Reservations should be canceled 12 hours in advance.
 - If you "no show" multiple times, your ability to reserve a spot may be restricted.
 - Participants need to bring their own water bottle.
 - Late arrivals are not permitted in class after 10 minutes.

Time	Class	Emphasis	Studio	Instructor
6:00am	Classic Rock Cycle	C	CS	Alvin
6:00am	Boot Camp		GX	Jerry
8:30am	Turbo Kick	C	GX	Clara
9:00am	Aqua Fit	C-S	AQ	Julie
9:00am	Circuit Training		FIT	Joe
9:30am	High Energy Cycle	C	CS	Jamie
9:30am	Pilates	MB	MB	Susan
10:30am	Forever Fit	C-S	GX	Leigh
10:30am	Myofascial Release		MB	Susan
11:00am	Aqua Fit	C-S	AQ	Julie
5:00pm	Hatha Yoga - L2-3	MB	MB	Joy
6:00pm	Pound	C	GX	Jennifer
6:15pm	Aqua Power Deep	C-S	AQ	Stephanie

Time	Class	Emphasis	Studio	Instructor
6:00am	H.I.I.T.	C	GX	Patty
7:30am	Zumba	C	GX	Gabby
8:00am	Vinyasa Yoga	MB	MB	Joy
9:30am	Step		GX	Kim
10:30am	Barre Fusion	C-S	MB	Leigh
11:00am	Aqua Fit	C-S	AQ	Stephanie
4:30pm	PiYo Live	C-S	GX	Cindy
5:30pm	Tabata	C	GX	Elise
5:30pm	Ashtanga-Based Yoga	MB	MB	Steve
6:00pm	Power Hour Cycle	C	CS	Leslie
6:30pm	Zumba	C	GX	Heather

Time	Class	Emphasis	Studio	Instructor
6:00am	Total Conditioning	S	GX	Elise
6:00am	Hatha Yoga - L1-2	MB	MB	Maria
7:30am	P90X Live	C-S	GX	Ashley
8:30am	Hatha Yoga - L1-2	MB	MB	Steve
9:00am	Aqua Fit	C-S	AQ	Julie
9:30am	Zumba	C	GX	Gaby
9:30am	Cardio Sculpt and Strength	C-S	MB	Leigh
9:30am	Cycle Jam	C	CS	Sarah
10:30am	Forever Fit	C-S	GX	Cathleen
11:00am	Aqua Fit	C-S	AQ	Stephanie

Time	Class	Emphasis	Studio	Instructor
8:00am	Strength and Conditioning		GX	Sarah
8:15am	Power H.I.I.T. Cycle	C	CS	Susie
8:15am	Swim Boot Camp	C-S	OP	Julie
8:30am	Barre Fusion	C-S	MB	Patty
9:30am	Turbo Kick	C	GX	Clara
9:30am	Hatha Yoga - L2-3 (90 min)	MB	MB	Maria
9:30am	Power Hour Cycle	C	CS	Leslie
10:30am	BollyX: The Bollywood Workout		GX	Echo
11:30am	Zumba	C	GX	Jody



Questions?
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