

# 2021 FALL FITNESS & AQUATICS GROUP EX SCHEDULE\*

Marilyn Fox Building - Chesterfield

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

|                | Time                   | Class                              | Emphasis   | Studio         | Instructor     |
|----------------|------------------------|------------------------------------|------------|----------------|----------------|
| <b>SUNDAY</b>  | 8:00am                 | Barre                              | C-S        | GX             | Monica         |
|                | 8:15am                 | Cycle                              | C          | CS             | Alana          |
|                | 9:00am                 | Hatha Yoga - Level 2-3             | MB         | MB             | Monica         |
|                | 9:00am                 | Core and Cardio Intervals (45 min) | C-S        | GX             | Susan          |
|                | 10:30am                | Insight Yoga                       | MB         | MB             | Elise          |
| <b>MONDAY</b>  | 5:45am                 | Insanity                           | C          | GX             | Mindy          |
|                | <b>8:00am</b>          | <b>Aqua Power</b>                  | <b>C-S</b> | <b>AQ</b>      | <b>Phyllis</b> |
|                | 8:15am                 | Cycle 40/20                        | C          | CS             | Barb           |
|                | 9:00am                 | Tabata                             | C-S        | GX             | Kim            |
|                | <b>9:00am</b>          | <b>Cardio Conditioning Cycle</b>   | <b>C</b>   | <b>CS</b>      | <b>Laina</b>   |
|                | 10:00am                | Express Sculpt (30 min)            | S          | GX             | Kim            |
|                | 10:30am                | Stretch                            | MB         | MB             | Kay            |
|                | 5:30pm                 | Zumba                              | C          | GX             | Danielle       |
| <b>6:30pm</b>  | <b>High Fitness</b>    | <b>C</b>                           | <b>GX</b>  | <b>Karalee</b> |                |
| 6:30pm         | Pilates                | MB                                 | MB         | Monica         |                |
| <b>TUESDAY</b> | 5:45am                 | 50/50                              | C-S        | GX             | Alana          |
|                | 7:00am                 | Cycle                              | C          | CS             | Alana          |
|                | <b>8:30am</b>          | <b>Core Fusion</b>                 | <b>MB</b>  | <b>MB</b>      | <b>Barb</b>    |
|                | <b>8:30am</b>          | <b>Cardio Pump</b>                 | <b>C-S</b> | <b>GX</b>      | <b>Susan</b>   |
|                | 9:20am                 | Aqua Flow                          | C-S        | AQ             | Nancee         |
|                | <b>9:30am</b>          | <b>Physique Fusion</b>             | <b>MB</b>  | <b>MB</b>      | <b>Laina</b>   |
|                | 9:30am                 | Kettlebell                         | S          | GX             | Susan          |
|                | <b>10:30am</b>         | <b>Pilates</b>                     | <b>MB</b>  | <b>MB</b>      | <b>Monica</b>  |
|                | <b>11:00am</b>         | <b>Forever Fit</b>                 | <b>C-S</b> | <b>GX</b>      | <b>Bryce</b>   |
|                | <b>12:00pm</b>         | <b>Core 45</b>                     | <b>C-S</b> | <b>GX</b>      | <b>Katie</b>   |
| 5:30pm         | Circuit Intervals      | C-S                                | GX         | Elise          |                |
| 6:30pm         | Hatha Yoga - Level 1-2 | MB                                 | MB         | Brenda         |                |

|                  | Time           | Class                            | Emphasis   | Studio        | Instructor    |
|------------------|----------------|----------------------------------|------------|---------------|---------------|
| <b>WEDNESDAY</b> | 5:45am         | Insanity                         | C          | GX            | Mindy         |
|                  | <b>5:45am</b>  | <b>Cycle</b>                     | <b>C</b>   | <b>CS</b>     | <b>Julie</b>  |
|                  | 7:30am         | Interval Cross Training          | C-S        | GX            | Anna          |
|                  | 8:00am         | Aqua Power                       | C-S        | AQ            | Phyllis       |
|                  | <b>8:30am</b>  | <b>H.I.I.T.</b>                  | <b>C-S</b> | <b>GX</b>     | <b>Mindy</b>  |
|                  | <b>9:00am</b>  | <b>Cardio Conditioning Cycle</b> | <b>C</b>   | <b>CS</b>     | <b>Laina</b>  |
|                  | 9:30am         | Cardio Mix                       | C-S        | GX            | Kim           |
|                  | <b>9:30am</b>  | <b>Pilates</b>                   | <b>MB</b>  | <b>MB</b>     | <b>Mindy</b>  |
|                  | <b>10:30am</b> | <b>Metabolic Strength</b>        | <b>S</b>   | <b>GX</b>     | <b>Sandy</b>  |
|                  | <b>10:30am</b> | <b>Stretch</b>                   | <b>MB</b>  | <b>MB</b>     | <b>Kay</b>    |
| 5:30pm           | Zumba          | C                                | GX         | Danielle      |               |
| <b>THURSDAY</b>  | 5:40am         | 50/50                            | C-S        | GX            | Alana         |
|                  | 7:00am         | Cycle                            | C          | CS            | Alana         |
|                  | <b>7:30am</b>  | <b>High Fitness</b>              | <b>C</b>   | <b>MB</b>     | <b>Sarah</b>  |
|                  | 8:30am         | Cardio Pump                      | C-S        | GX            | Susan         |
|                  | <b>8:30am</b>  | <b>Physique Fusion</b>           | <b>MB</b>  | <b>MB</b>     | <b>Laina</b>  |
|                  | 9:20am         | Aqua Flow                        | C-S        | AQ            | Nancee        |
|                  | 9:30am         | Pump and Shred                   | S          | GX            | Susan         |
|                  | <b>11:00am</b> | <b>Forever Fit</b>               | <b>C-S</b> | <b>GX</b>     | <b>Bryce</b>  |
| 5:30pm           | Vinyasa Barre  | F-S                              | MB         | Michelle      |               |
| 6:30pm           | Barre          | C-S                              | MB         | Monica        |               |
| <b>7:30pm</b>    | <b>Yoga</b>    | <b>MB</b>                        | <b>MB</b>  | <b>Monica</b> |               |
| <b>FRIDAY</b>    | <b>6:00am</b>  | <b>H.I.I.T.</b>                  | <b>C-S</b> | <b>GX</b>     | <b>Patty</b>  |
|                  | <b>8:30am</b>  | <b>Total Conditioning</b>        | <b>C-S</b> | <b>GX</b>     | <b>Shelly</b> |
|                  | 9:00am         | Spin and Stretch                 | C          | CS            | Laina         |
|                  | <b>9:30am</b>  | <b>Turbo Kick</b>                | <b>C</b>   | <b>GX</b>     | <b>Clara</b>  |
|                  | <b>10:30am</b> | <b>TRX Fundamentals</b>          | <b>S</b>   | <b>MB</b>     | <b>Sandy</b>  |
| 1:00pm           | T'ai Chi       | MB                               | GX         | Craig         |               |
| <b>SATURDAY</b>  | 8:30am         | Total Conditioning               | C-S        | GX            | Dave          |
|                  | 9:30am         | H.I.I.T.                         | C-S        | GX            | Shelly        |
|                  | 10:30am        | Zumba                            | C          | GX            | Danielle      |

|        |                   |                              |                     |
|--------|-------------------|------------------------------|---------------------|
| Emph.  | C - Cardio        | C-S - Cardio & Strength      | MB - Mind/Body      |
|        | F - Flexibility   | F-S - Flexibility & Strength | S - Strength        |
| Studio | AQ - Indoor Pool  | GX - Group Ex Studio         | FIT - Fitness Floor |
|        | CS - Cycle Studio | MB - Mind-Body Studio        |                     |

Questions?  
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**Notes**

- Class spots must be reserved online. Reservations may be made 48 hours in advance.
- Classes start on time. Late arrivals are not permitted after 10 minutes.
- Members have a five-minute grace period, after which we may fill open spaces.
- Classes have capacity limits: Cycle = 20; GX = 20; MB = 12.
- Reservations should be cancelled 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.
- Schedule is subject to change.

