

2021 FALL FITNESS & AQUATICS GROUP EX SCHEDULE*

Marilyn Fox Building - Chesterfield

Bold & red indicates new class, new time and/or new instructor.

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

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

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.

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
	CS - Cycle Studio	MB - Mind-Body Studio	Floor



Questions?

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Staenberg Family Complex - Group Ex Class Descriptions

50/50: Discover your high intensity cardio & strength training limits for 30 minutes, then we'll transition to Pilates-inspired core & stretching period. Participants may join (or depart) at the halfway point.

Barre: An energetic, fun workout that fuses fitness techniques from Dance, Pilates and Yoga to tone, define and chisel the whole body. It combines strength and flexibility with added cardio to burn fat fast.

Cardio Mix: A fun and challenging class designed for all fitness levels. Formats may include H.I.I.T., Tabata as well as high-low and step. Cardiovascular, strength and core will all be incorporated for a well-rounded, full-body workout.

Cardio Pump: A low-intensity aerobic class combining strength and endurance, joint stability and mobility, balance and flexibility.

Circuit Intervals: This well-rounded workout utilizes fitness equipment in circuits.

Core 45: Strengthen your entire body and increase your cardiovascular endurance through this workout. This class utilizes various equipment and a variety of different moves to keep your body guessing throughout. Participants go at their own pace; trying to complete as many reps as possible in every unique five minute circuit.

Core & Cardio Intervals: This class focuses on cardiovascular exercise that may include, high-low impact aerobics, H.I.I.T. or Tabata, combined with various core-strengthening exercises.

Core Fusion: Strengthen, stabilize and tone your core with traditional exercises as well as Pilates-based exercises.

Cycle: You will experience an aerobic exercise on a stationary bike while an instructor motivates you through visualization with motivational music.

Cycle 40/20: Spend 40 minutes of upbeat, high-energy cycling followed by 20 minutes of stabilizing the core using lengthening exercises, strength training, stretching and balancing moves.

Express Sculpt: Utilizes dumbbells, body bars and other strength training equipment with a monthly rotation between strength, power and endurance. (30-minute version of **Sculpting**).

Forever Fit: A low-intensity aerobics class offering a great cardiovascular workout. It combines strength, endurance, joint stability, balance and flexibility.

H.I.I.T.: High Intensity Interval Training combines cardio and strength training in a format of quick, intense bursts of exercise, followed by short recovery periods.

HIGH Fitness: This simple, intense, consistent, inclusive and fun class takes old-school aerobics to the next level with modern fitness techniques such as H.I.I.T. training, plyometrics, intervals of strength and cardio, and more.

Insanity: An intense workout that combines cardio and building muscle.

Interval Cross Training: Increase your cardiovascular endurance in this fun, yet challenging class. May include intervals of hi-low aerobics, H.I.I.T. (high intensity interval training) or Tabata drills. Go at your own pace while pushing yourself.

Kettlebell: Class will offer cardiovascular, resistance and weight control benefits.

Metabolic Strength: An efficient and effective strength training workout, using compound exercises to maximize your time in class. These compound exercises target multiple joints and muscle groups concurrently, to increase your endurance, strength, mobility, agility, and power.

Physique Fusion: Strengthen and tone while lengthening the muscles with intervals of stretching. Light weights, floor work, ballet barre are all used to push your muscles to exhaustion.

Pilates: A progressive series of exercises, based on the methods of Joseph Pilates, designed to increase the strength of your body's core (abdominals, back, glutes and hips) while lengthen the muscles.

Pump and Shred: This interval training class gives you a full-body workout using barbells and dumbbells. Each interval includes cardio, power, strength and core.

Spin and Stretch: You will experience an aerobic exercise on a stationary bike while an instructor motivates you through visualization with motivational music. 45-minutes on the bike followed by 15-minutes of deep stretching off the bike.

Stretch: Stretch all major muscle groups to improve overall flexibility and enhance your range of movement.

Tabata: An intense interval training class that follows a specific timed format (20 seconds on / 10 seconds off).

T'ai Chi: This graceful form of exercise involves a series of movements performed in a slow, focused manner, and is accompanied by deep breathing. Suitable for all ages and fitness levels.

Total Conditioning: This class combines anaerobic activity with plyometric and callisthenic drills to offer a challenging option in your cardio routine.

TRX Fundamentals: TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. Exercises are easily modified for the very beginner or can be quickly adapted to challenge even the advanced athlete. Sweat, strengthen and develop a stronger body starting at the core.

Turbo Kick: An energizing kickboxing interval class. Cardio that uses intensity drills and increased energy sprints followed by work recovery segments.

Zumba: A fusion of Latin and International music; featuring aerobic/fitness interval training with fast and slow rhythms that tone and sculpt the body.

Yoga Classes

See what Yoga class is right for you!

Choose a suitable level for your yoga skills as you start your practice or further your abilities. Yoga builds strength, boosts flexibility and increases balance through breathing techniques and postures.

Hatha Yoga, Level 1-2: A beginner to intermediate class which introduces additional basic postures with some longer durations. You'll focus on proper breathing and movements and should leave class feeling longer, looser, and more relaxed.

Hatha Yoga, Level 2-3: You should leave this class feeling challenged as this intermediate to advanced level will continue your practice of mastering most basic yoga postures, as well as more dynamic and complex ones – may include arm balances, deep backbends and inversions.

Insight Yoga: Insight yoga is a blend of different yoga techniques and practices; breath, passive, active, alignment, flow and stillness, power and gentle yoga. All parts woven together to offer participants unique mind body balance, serenity and grace.

Yoga Classes

Aqua Flow: Exercise with the aid of the water's buoyancy and resistance can help improve joint flexibility. Good choice for those participants with arthritis, rehabbing or new to aqua fitness.

Aqua Power: This is a high-intensity, multi-discipline workout in the lap pool. Participants must feel comfortable in all depths of the pool. Finning, treading, kick boxing, traditional water moves and more.