

# 2021 FALL FITNESS & AQUATICS GROUP EX SCHEDULE\*

Staenberg Family Complex - Creve Coeur

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

Time	Class	Emphasis	Studio	Instructor	
<b>SUNDAY</b>	8:00am	<b>Total Conditioning</b>	<b>C-S</b>	<b>GX</b>	<b>Clara</b>
	9:00am	<b>Step</b>	<b>C-S</b>	<b>GX</b>	<b>Kevin</b>
	9:20am	Cycle	C-S	CS	Maurice
	9:30am	<b>Mat Pilates</b>	<b>MB</b>	<b>MB</b>	<b>Sarah B.</b>
	10:30am	Extreme Conditioning	C-S	GX	Maurice
	10:30am	Stretch	F	MB	Leigh
	11:30am	Zumba	C	GX	Echo
	11:30am	<b>Yoga</b>	<b>MB</b>	<b>MB</b>	<b>Maria</b>
	3:00pm	<b>Power Hour Cycle</b>	<b>C</b>	<b>CS</b>	<b>Leslie</b>
<b>MONDAY</b>	6:00am	<b>Hatha Yoga - Level 1-2</b>	<b>MB</b>	<b>MB</b>	<b>Faith</b>
	6:00am	H.I.I.T.	C	GX	Patty
	7:30am	<b>Circuit Training</b>	<b>C-S</b>	<b>GX</b>	<b>Karen</b>
	8:30am	<b>Zumba</b>	<b>C</b>	<b>GX</b>	<b>Ana</b>
	8:30am	<b>PiYo</b>	<b>C-S</b>	<b>MB</b>	<b>Jill</b>
	9:00am	Aqua Fit	C-S	AQ	Julie
	9:00am	Circuit Training	C-S	FIT	Joe
	9:30am	Cardio & Core	C-S	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
	10:30am	<b>Myofascial Release (75 min)</b>	<b>MB</b>	<b>MB</b>	<b>Monica</b>
	11:00am	<b>Aqua Flow</b>	<b>F</b>	<b>AQ</b>	<b>Julie</b>
	11:45am	<b>Gentle Yoga (75 min)</b>	<b>MB</b>	<b>MB</b>	<b>Joy</b>
	5:30pm	<b>Vinyasa Yoga</b>	<b>MB</b>	<b>MB</b>	<b>Jennifer R.</b>
	5:30pm	<b>R.I.P.P.E.D.</b>	<b>C-S</b>	<b>MB</b>	<b>Jacqueline</b>
	6:15pm	<b>Aqua Power Deep</b>	<b>C-S</b>	<b>AQ</b>	<b>Stephanie</b>
	6:30pm	STRONG Nation	C-S	GX	Echo
	6:30pm	<b>Strength and Conditioning</b>	<b>S</b>	<b>MB</b>	<b>Ryan</b>
<b>TUESDAY</b>	6:00am	<b>Circuit Training</b>	<b>C-S</b>	<b>GX</b>	<b>Jacqueline</b>
	6:00am	Barre Fusion	C-S	MB	Patty
	7:00am	Hatha Yoga - Level 2-3	MB	MB	Lynda
	7:30am	Zumba	C	GX	Jody
	8:30am	Strength & Conditioning	S	GX	Sarah
	9:15am	Swim Boot Camp	C-S	AQ	Julie
	9:30am	<b>Mat Pilates</b>	<b>MB</b>	<b>MB</b>	<b>Kristin</b>
	9:30am	Step Intervals	C-S	GX	Leigh
	10:30am	Forever Fit	C-S	GX	Cathleen
	10:30am	<b>Gentle Pilates</b>	<b>MB</b>	<b>MB</b>	<b>Stacia</b>
	11:00am	Aqua Fit	C-S	AQ	Stephanie
	11:30am	Gentle Yoga	MB	MB	Stacia
	4:30pm	PiYo	C-S	GX	Cindy
	5:30pm	Turbo Kick	C	GX	Cindy
	5:30pm	Mat Pilates	MB	MB	Kristin
	6:00pm	After Work Cycle	C	GS	James
	6:30pm	Zumba	C	GX	Mary
6:30pm	Hatha Yoga - Level 1-2	MB	MB	Nivi	

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	

Time	Class	Emphasis	Studio	Instructor	
<b>WEDNESDAY</b>	6:00am	Cycle	C	CS	Alan
	6:00am	Boot Camp	C-S	FIT	Jerry
	6:00am	<b>Yoga</b>	<b>MB</b>	<b>MB</b>	<b>Monica</b>
	7:30am	<b>PiYo</b>	<b>C-S</b>	<b>GX</b>	<b>Sarah</b>
	8:30am	Turbo Kick	C	GX	Clara
	9:00am	Aqua Fit	C-S	AQ	Julie
	9:00am	Circuit Training	C-S	FIT	Joe
	9:30am	<b>Zumba</b>	<b>C</b>	<b>GX</b>	<b>Leslie</b>
	9:30am	High Energy Cycle	C	CS	Jamie
	10:30am	Forever Fit	C-S	GX	Leigh
	10:30am	Myofascial Release	MB	MB	Monica
	11:00am	Aqua Flow	F	AQ	Stephanie
	5:00pm	Hatha Yoga - Level 2-3	MB	MB	Joy
	5:30pm	<b>Pound</b>	<b>C-S</b>	<b>GX</b>	<b>Jennifer</b>
	6:15pm	Aqua Power Deep	C-S	AQ	Stephanie
	6:30pm	<b>STRONG Nation</b>	<b>C-S</b>	<b>GX</b>	<b>Jody/Katie</b>
	6:30pm	Strength & Conditioning	S	MB	Ryan
<b>THURSDAY</b>	6:00am	H.I.I.T.	C	GX	Patty
	7:00am	<b>Yoga</b>	<b>MB</b>	<b>MB</b>	<b>Lynda</b>
	9:30am	Step	C	GX	Kim V.
	9:30am	<b>Mat Pilates</b>	<b>MB</b>	<b>MB</b>	<b>Kristin</b>
	10:30am	Barre Fusion	C-S	MB	Leigh
	11:00am	Aqua Fit	C-S	AQ	Stephanie
	11:30am	Gentle Yoga	MB	MB	Stacia
	1:00pm	<b>Better Balance</b>	<b>MB</b>	<b>GX</b>	<b>Jo</b>
	4:30pm	PiYo	C-S	GX	Cindy
	5:30pm	<b>R.I.P.P.E.D.</b>	<b>C-S</b>	<b>GX</b>	<b>Clara</b>
	6:00pm	Power Hour Cycle	C	CS	Leslie
6:30pm	Zumba	C	GX	Heather	
<b>FRIDAY</b>	6:00am	Hatha Yoga - Level 1-2	MB	MB	Maria
	6:00am	Total Conditioning	S	GX	Elise
	8:30am	<b>Zumba</b>	<b>C</b>	<b>GX</b>	<b>Ana</b>
	8:30am	Hatha Yoga - Level 1-2	MB	MB	Steve
	9:00am	Aqua Fit	C-S	AQ	Julie
	9:30am	Zumba	C	GX	Gaby
	9:30am	Cardio Sculpt & Strength	C-S	MB	Leigh
	9:30am	<b>Cycle Jam</b>	<b>C</b>	<b>CS</b>	<b>Karen</b>
	10:30am	Forever Fit	C-S	GX	Cathleen
	10:30am	<b>Roll &amp; Stretch Express</b>	<b>MB</b>	<b>MB</b>	<b>Karen</b>
11:00am	Aqua Flow	C-S	AQ	Stephanie	
11:30am	<b>Stretch</b>	<b>MB</b>	<b>MB</b>	<b>Kay</b>	
<b>SATURDAY</b>	8:00am	Strength & Conditioning	S	GX	Sarah
	8:15am	Swim Boot Camp	C-S	AQ	Julie
	8:30am	Barre Fusion	C-S	MB	Patty
	8:30am	Power H.I.I.T. Cycle	C	CS	Leslie
	9:30am	Turbo Kick	C	GX	Clara
	9:30am	Cycle	C	CS	Leslie
	9:30am	Hatha Yoga - Level 2-3 (90 min)	MB	MB	Maria
	10:30am	Bolly X	C	GX	Echo
	11:30am	<b>STRONG Nation</b>	<b>C-S</b>	<b>GX</b>	<b>Jody/Katie</b>
	1:00pm	<b>Yoga</b>	<b>MB</b>	<b>MB</b>	<b>Maria</b>
	1:00pm	<b>Zumba</b>	<b>C</b>	<b>GX</b>	<b>Jody</b>



## 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.

## Questions?

Sarah Amonson, 314.442.3210, samonson@jccstl.org

