

2021 FALL FITNESS & AQUATICS GROUP EX SCHEDULE*

Staenberg Family Complex - Creve Coeur

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

| | Time | Class | Emphasis | Studio | Instructor |
|--------|---------|---------------------------|------------|-----------|-----------------|
| SUNDAY | 8:00am | Total Conditioning | C-S | GX | Clara |
| | 9:00am | Step | C-S | GX | Kevin |
| | 9:20am | Cycle | C-S | CS | Maurice |
| | 9:30am | Mat Pilates | MB | MB | Sarah B. |
| | 10:30am | Extreme Conditioning | C-S | GX | Maurice |
| | 10:30am | Stretch | F | MB | Leigh |
| | 11:30am | Zumba | C | GX | Echo |
| | 11:30am | Yoga | MB | MB | Maria |
| | 3:00pm | Power Hour Cycle | C | CS | Leslie |

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|--------|----------------------------------|------------------------------------|------------|------------------|--------------------|
| MONDAY | 6:00am | Hatha Yoga - Level 1-2 | MB | MB | Faith |
| | 6:00am | H.I.I.T. | C | GX | Patty |
| | 7:30am | Circuit Training | C-S | GX | Karen |
| | 8:30am | Zumba | C | GX | Ana |
| | 8:30am | PIYo | C-S | MB | Jill |
| | 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 | Myofascial Release (75 min) | MB | MB | Monica |
| | 11:00am | Aqua Flow | F | AQ | Julie |
| | 11:45am | Gentle Yoga (75 min) | MB | MB | Joy |
| | 5:30pm | Vinyasa Yoga | MB | MB | Jennifer R. |
| | 5:30pm | R.I.P.P.E.D. | C-S | GX | Jacqueline |
| 6:15pm | Aqua Power Deep | C-S | AQ | Stephanie | |
| 6:30pm | STRONG Nation | C-S | GX | Echo | |
| 6:30pm | Strength and Conditioning | S | MB | Ryan | |

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|---------|---------|-------------------------|------------|-----------|-------------------|
| TUESDAY | 6:00am | Circuit Training | C-S | GX | Jacqueline |
| | 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 | Mat Pilates | MB | MB | Kristin |
| | 9:30am | Step Intervals | C-S | GX | Leigh |
| | 10:30am | Forever Fit | C-S | GX | Cathleen |
| | 10:30am | Gentle Pilates | MB | MB | Stacia |
| | 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 |

- 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.

| | Time | Class | Emphasis | Studio | Instructor |
|-----------|-------------------------|------------------------|------------|-------------------|-----------------|
| WEDNESDAY | 6:00am | H.I.I.T. | C-S | FIT | Jerry |
| | 6:00am | Yoga | MB | MB | Monica |
| | 7:30am | PIYo | C-S | GX | Sarah |
| | 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 | 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 | Pound | C-S | GX | Jennifer |
| | 6:15pm | Aqua Power Deep | C-S | AQ | Stephanie |
| 6:30pm | STRONG Nation | C-S | GX | Jody/Katie | |
| 6:30pm | Strength & Conditioning | S | MB | Ryan | |

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|----------|---------|-----------------------|------------|-----------|----------------|
| THURSDAY | 6:00am | H.I.I.T. | C | GX | Patty |
| | 7:00am | Yoga | MB | MB | Lynda |
| | 9:30am | Step | C | GX | Kim V. |
| | 9:30am | Mat Pilates | MB | MB | Kristin |
| | 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 | Better Balance | MB | GX | Jo |
| | 4:30pm | PIYo | C-S | GX | Cindy |
| | 5:30pm | R.I.P.P.E.D. | C-S | GX | Clara |
| | 6:00pm | Power Hour Cycle | C | CS | Leslie |
| | 6:30pm | Zumba | C | GX | Heather |
| 6:30pm | Tabata | C-S | MB | Elise | |

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|---------|----------------|-----------------------------------|-----------|------------|--------------|
| FRIDAY | 6:00am | Hatha Yoga - Level 1-2 | MB | MB | Maria |
| | 6:00am | Total Conditioning | S | GX | Elise |
| | 8:30am | Zumba | C | GX | Ana |
| | 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 | Cycle Jam | C | CS | Karen |
| | 10:30am | Forever Fit | C-S | GX | Cathleen |
| | 10:30am | Roll & Stretch Express | MB | MB | Karen |
| | 11:00am | Aqua Flow | C-S | AQ | Stephanie |
| 11:30am | Stretch | MB | MB | Kay | |

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|----------|---------|---------------------------------|------------|-----------|-------------------|
| SATURDAY | 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 | STRONG Nation | C-S | GX | Jody/Katie |
| | 1:00pm | Yoga | MB | MB | Maria |
| | 1:00pm | Zumba | C | GX | Eileen |

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

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|--------|-------------------|-----------------------|---------------------|
| Studio | AQ - Indoor Pool | GX - Group Ex Studio | FIT - Fitness Floor |
| | CS - Cycle Studio | MB - Mind-Body Studio | |



Questions?

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*Updated 9/13/2021

Staenberg Family Complex - Group Ex Class Descriptions

Barre Fusion: Strengthen and tone while lengthening muscles with intervals of stretching. Light weights and floor work compliment barre work to push your muscles to exhaustion.

Better Balance: Work on balance techniques, posture, movement and the strength and flexibility required for good balance. Class addresses common trip hazards and reasons for losing balance while practicing strategies for falling safely and getting back up.

BollyX: The Hollywood Workout: Incorporates a variety of dance styles and music: Bhangra, pop, folk, Bollywood, and TONS of rock star swag to have you shaking your hips and working up a sweat!

Cardio & Core: 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. Class finishes with a cooldown/ stretch.

Cardio Sculpt and Strength: Offers the perfect combination of cardiovascular and strength training in order to give you a total body workout.

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

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

Extreme Conditioning: An intense workout using weights to target major muscle groups. Incorporates cardiovascular exercise and plyometrics to challenge all fitness levels.

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.

Myofascial Release: This class draws on somatic movement and yoga-based stretches to promote greater range of motion and fluidity in the muscles, joints, spine and connective tissues of the body.

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.

PiYo: This athletic workout combines mind/body practices of Yoga and Pilates as well as principles of stretch, strength training, and dynamic movement.

Pound: A full body workout which targets trouble spots using drumsticks to maximize your arm workout.

R.I.P.P.E.D.: An all-encompassing workout program that focuses on all the major areas of fitness: resistance, intervals, power, plyometrics, and endurance in 55 minutes!

Roll & Stretch Express: The class uses foam rollers to help lengthen the body through self-massage to aid the release of muscle tightness, work on trigger points, and help improve posture. Perfect for post-workout recovery. Stretching is incorporated to relax and release tension throughout the body.

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

Step: With an adjustable step platform, this high-energy class helps increase endurance and body toning. Step classes begin with a dynamic warm-up, followed by active, choreographed cardiovascular exercises targeting different muscle groups.

Step Intervals: Get a great step workout in an interval-style format! Stretch all major muscle groups to improve your overall flexibility and enhance a greater range of movement.

Strength and Conditioning: Build total body strength and muscular endurance in this multi-planar class using various free weights and body weight. Circuits target every major muscle group in the body and change to your adapting needs.

Strong Nation: Combines high intensity interval training, martial arts, and cardio kickboxing with original music specifically designed to match every move. Appropriate for any fitness level, this class will have you meeting your ultimate fitness goals - and then making new ones.

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

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.

Gentle Yoga: A yoga class gentle enough to attend every day; ideal for students just beginning their practice.

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.

Vinyasa Yoga: This track of yoga introduces the idea of flowing between poses, while you work your cardiovascular system. You'll be introduced to smooth transitions as you link breath to movement at this beginner to intermediate level. Routines will vary regularly and should test you physically.

Yoga Classes

Aqua Fit: Moderate-impact, water-specific exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment.

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 Deep: High intensity, no impact water resistance training; improves muscle tone, flexibility strength and endurance may use flotation belts; class held in deep water.

Swim Boot Camp: Advanced class includes endurance swim, sprints, calisthenics, strength and explosive moves – both wet and dry work. Must be able to swim 100y freestyle non-stop, tread and climb in/out of the pool repeatedly.