

2021 FALL FITNESS & AQUATICS GROUP EX SCHEDULE*

Virtual Classes

	Time	Class	Emphasis	Instructor
SUNDAY	10:30am	Stretch*	F	Leigh
	11:30am	Hatha Yoga - Level 1-2 (90 min)**	MB	Maria
	11:30am	Zumba*	C	Echo
MONDAY	6:00am	Core Circuit Training	C-S	Sarah
	8:30am	Zumba*	C	Ana
	9:00am	Cardio Conditioning Cycle*	C	Laina
	9:30am	Zumba*	C	Gaby
	9:30am	Cardio & Core*	C-S	Leigh
	10:30am	Forever Fit*	C-S	Cathleen
	10:30am	Stretch*	F	Kay
	5:30pm	R.I.P.P.E.D.*	C-S	Jacqueline
	5:30pm	Zumba*	C	Danielle
	6:30pm	STRONG Nation*	C-S	Echo
	6:30pm	High Fitness*	C	Karalee
6:30pm	Strength and Conditioning*	S	Ryan	
7:30pm	Hatha Yoga - Level 1-2	MB	Maria	
TUESDAY	6:00am	Barre Fusion*	C-S	Patty
	7:30am	Zumba*	C	Jody
	8:30am	Stretch	F	Kay
	8:30am	Strength & Conditioning*	S	Sarah
	9:15am	Physique Fusion*	MB	Laina
	9:30am	Step Intervals*	C-S	Leigh
	10:30am	Forever Fit*	C-S	Cathleen
	5:30pm	Turbo Kick*	C	Cindy
	6:30pm	Zumba*	C	Mary
	6:30pm	Pilates	MB	Kim
6:30pm	Conditioning	C-S	Clara	
WEDNESDAY	6:00am	Core Circuit Training	C-S	Sarah
	7:30am	PiYo*	C-S	Sarah
	7:30am	Interval Cross Training*	C-S	Anna
	8:30am	Turbo Kick*	C	Clara
	8:30am	H.I.I.T.*	C-S	Mindy
	9:00am	Cardio Conditioning Cycle*	C	Laina
	9:30am	Cardio Mix*	C-S	Kim
	10:00am	T'ai Chi	MB	Craig
	10:30am	Stretch*	F	Kay
	5:30pm	Pound*	C-S	Jennifer
	5:30pm	Zumba*	C	Danielle
6:30pm	STRONG Nation*	C-S	Jody/Katie	
6:30pm	Strength & Conditioning*	S	Ryan	
7:30pm	Zumba	C	Laura	

	Time	Class	Emphasis	Instructor
THURSDAY	6:00am	H.I.I.T.*	C	Patty
	7:00am	Hatha Yoga - Level 2-3*	MB	Lynda
	7:30am	High Fitness*	C	Sarah
	8:30am	Physique Fusion*	MB	Laina
	9:30am	Tabata	C-S	Shelly
	10:30am	Barre Fusion*	C-S	Leigh
	4:30pm	PiYo*	C-S	Cindy
	5:30pm	R.I.P.P.E.D.*	C-S	Clara
FRIDAY	6:00am	Hatha Yoga - Level 1-2**	MB	Maria
	8:30am	Total Conditioning*	C-S	Shelly
	8:30am	Zumba*	C	Ana
	9:30am	Cardio Sculpt & Stretch*	C-S	Leigh
	9:30am	Zumba*	C	Gaby
	9:30am	Turbo Kick*	C	Clara
	11:30am	Stretch*	MB	Kay
	1:00pm	T'ai Chi*	MB	Craig
SATURDAY	8:00am	Strength & Conditioning*	S	Sarah
	9:00am	Stretch	F	Kay
	9:30am	Turbo Kick*	C	Clara
	9:30am	Hatha Yoga - Level 2-3 (90 min)**	MB	Maria
	10:30am	Bolly X: The Bollywood Workout*	C	Echo
	11:30am	STRONG Nation*	C-S	Katie/Jody
1:00pm	Hatha Yoga - Level 1-2 (90 min)**	MB	Maria	

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

Notes

- * Livestream of an in-person class.
- ** Maria's livestream classes begin in November
- Classes can be found in the J's App or Virtual J within community.jccstl.org.
- Classes start on time. Rooms open 5-10 minutes before class time.
- If you encounter technical difficulties please call 314.432.5700.
- Schedule is subject to change.

Questions?

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