

2022 WINTER-SPRING 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	Metabolic Strength	C-S	GX	Sandy
	9:00am	TRX	C-S	MB	Sandy
	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 Fit	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
	6:30pm	Zumba *	C	GX	Danielle
TUESDAY	8:00am	Core Fusion	MB	MB	Barb
	8:30am	Cardio Pump	C-S	GX	Susan
	9:15am	Physique Fusion *	MB	MB	Laina
	9:20am	Aqua Flow	C-S	AQ	Nancee
	9:30am	Interval Power Hour	S	GX	Sandy
	10:30am	Gentle Yoga	MB	MB	Carley
WEDNESDAY	5:45am	Insanity	C	GX	Mindy
	8:00am	Aqua Fit	C-S	AQ	Phyllis
	8:00am	Express Cycle *	C	CS	Laina
	8:30am	H.I.I.T. *	C-S	GX	Mindy
THURSDAY	9:30am	Pilates *	MB	MB	Mindy
	9:30am	Cardio Mix	C-S	GX	Kim
	10:30am	Stretch *	MB	MB	Kay
	5:30pm	Zumba *	C	GX	Danielle
	6:30pm	Strength & Stretch	F-S	GX	Steve
	7:30am	HIGH Fitness *	C	MB	Sarah
	8:30am	Cardio Pump *	C-S	GX	Susan
	8:30am	Physique Fusion *	MB	MB	Laina
FRIDAY	9:00am	Aqua Flow	C-S	AQ	Nancee
	9:30am	Interval Power Hour	S	GX	Anna
	10:30am	Gentle Yoga	MB	MB	Carley
	11:00am	Forever Fit	C-S	GX	Bryce
	5:30pm	Vinyasa Barre	F-S	MB	Michelle
	6:30pm	Aqua Fit	C-S	AQ	Olivia
SATURDAY	6:30pm	Combat Fitness	C-S	GX	Steve
	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
SUNDAY	9:30am	Turbo Kick *	C	GX	Clara
	10:30am	TRX Fundamentals	S	MB	Sandy
	1:00pm	T'ai Chi *	MB	GX	Craig

* Livestreamed on community.jccstl.org

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: GX = 25; MB = 15; Cycle - 15.
- 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.

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

Studio GX: Group Ex Studio CS: Cycle Studio AQ: Indoor Pool
MB: Mind/Body Studio FIT: Fitness Floor

Questions?

Sarah Amonson, 314.442.3210, samonson@jccstl.org



Marilyn Fox Building - Group Ex Class Descriptions

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.

Combat Fitness: This is a combat-style workout. Punch, kick, shadow box! Do some burpees and get up punching! Let us take you through every movement for a fun and challenging session to increase your cardio and your strength!

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 Power Hour: Train your strength, agility, balance and core through this workout utilizing a variety of equipment that will keep your muscles guessing and adapting to meet new challenges. High to low impact options provided.

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.

Strength & Stretch: Increase your mobility and flexibility while strengthening your core. Dynamic and static joint mobility techniques combined with body weight and dumbbell strength training will help you to achieve a strong core and improved movement. Class is appropriate for all levels.

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 and 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.

Vinyasa 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.

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.

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.

Aquatic 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.