

# 2022 WINTER-SPRING 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	CS	Maurice
	<b>9:30am</b>	<b>Mat Pilates *</b>	<b>MB</b>	<b>MB</b>	<b>Lynda</b>
	10:30am	Extreme Conditioning	C-S	GX	Maurice
	10:30am	Deep Stretch and Roll *	MB	MB	Leigh
	11:30am	Zumba *	C	GX	Echo
	11:30am	Hatha Yoga - Level 1-2 *	MB	MB	Maria
	3:00pm	Power Hour Cycle	C	CS	Leslie
MONDAY	6:00am	Hatha Yoga - Level 1-2	MB	MB	Faith
	6:00am	H.I.I.T.	C	GX	Patty
	8:30am	Zumba *	C	GX	Ana
	8:30am	PIYo	C-S	MB	Jill
	9:00am	Aqua Fit	C-S	AQ	Julie
	9:00am	Low Impact 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 Fit	F	AQ	Stephanie
	5:30pm	Vinyasa Yoga	MB	MB	Jennifer
	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	
TUESDAY	<b>6:00am</b>	<b>Combat Fitness</b>	<b>C-S</b>	<b>GX</b>	<b>Steve</b>
	6:00am	Barre Fusion *	C-S	MB	Patty
	7:00am	Hatha Yoga - Level 2-3 *	MB	MB	Lynda
	8:30am	Strength & Conditioning *	S	GX	Sarah
	9:00am	Swim Boot Camp	C-S	AQ	Julie
	<b>9:30am</b>	<b>Barre Fusion</b>	<b>C-S</b>	<b>MB</b>	<b>Leigh</b>
	<b>9:30am</b>	<b>Circuit Training</b>	<b>C-S</b>	<b>GX</b>	<b>Katie</b>
	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
	5:30pm	Turbo Kick *	C	GX	Jacqueline
	5:30pm	Mat Pilates	MB	MB	Kristin
6:00pm	After Work Cycle	C	GX	James	
6:30pm	Zumba *	C	GX	Mary	
6:30pm	Hatha Yoga - Level 1-2	MB	MB	Nivi	

	Time	Class	Emphasis	Studio	Instructor
WEDNESDAY	6:00am	Hatha Yoga - Level 1-2	MB	MB	Monica
	<b>6:00am</b>	<b>Core Circuit Training *</b>	<b>C-S</b>	<b>GX</b>	<b>Sarah</b>
	7:30am	PIYo *	C-S	<b>MB</b>	Sarah
	8:30am	Turbo Kick *	C	GX	Clara
	9:00am	Aqua Fit	C-S	AQ	Julie
	9:00am	Low Impact Circuit Training	C-S	FIT	Joe
	9:30am	High Energy Cycle	C	CS	Jamie
	<b>9:30am</b>	<b>Physique Fusion *</b>	<b>MB</b>	<b>MB</b>	<b>Laina</b>
	10:30am	Forever Fit	C-S	GX	<b>Laina</b>
	10:30am	Myofascial Release	MB	MB	Monica
	11:00am	Aqua Fit	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	Katie	
6:30pm	Strength & Conditioning *	S	MB	Ryan	
THURSDAY	6:00am	H.I.I.T. *	C	GX	Patty
	<b>6:00am</b>	<b>Body Weight Strength</b>	<b>C-S</b>	<b>MB</b>	<b>Steve</b>
	<b>8:30am</b>	<b>Express Strength Training</b>	<b>S</b>	<b>GX</b>	<b>Karen</b>
	9:30am	Cardio Mix	C-S	GX	Kim
	<b>10:30am</b>	<b>Forever Fit</b>	<b>C-S</b>	<b>GX</b>	<b>Leigh</b>
	11:00am	Aqua Fit	C-S	AQ	Stephanie
	11:30am	Gentle Yoga	MB	MB	Stacia
	1:00pm	Better Balance	MB	GX	Jo
	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	
FRIDAY	6:00am	Hatha Yoga - Level 1-2 *	MB	MB	Maria
	6:00am	Total Conditioning	C-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 & Stretch *	C-S	MB	Leigh
	10:30am	Forever Fit	C-S	GX	Cathleen
	11:00am	Aqua Fit	C-S	AQ	Stephanie
	11:30am	Stretch *	MB	MB	Kay
	SATURDAY	8:00am	Strength & Conditioning *	S	GX
8:15am		Swim Boot Camp	C-S	AQ	Julie
8:15am		Power H.I.I.T. Cycle	C	CS	Leslie
8:30am		Barre Fusion	C-S	MB	Patty
9:30am		Turbo Kick *	C	GX	Clara
9:30am		Power Hour 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
1:00pm		Hatha Yoga - Level 1-2 *	MB	MB	Maria
1:00pm		Zumba *	C	GX	Eileen

\* Livestreamed in [community.jccstl.org](http://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 = 20; 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.

Questions?

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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



# 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.

**Body Weight Strength:** Fitness the old-fashioned way! Get a great, full-body workout with no equipment necessary. Let Steve guide you through cardio, strength and core, all with just your body and a mat. You will be challenged! Great for all levels.

**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 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 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.

**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 Circuit Training:** Strengthen and stabilize your abs and lower back through intense exercises targeting the CORE!

**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.

**Mat 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. **Gentle Pilates** moves at a slower pace as participants develop increased muscular awareness and core strength.

**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.

**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!

**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.

**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.

**Tabata:** High-intense, interval training; 20 seconds of cardio then a 10-second rest period (eight times). Increases endurance and metabolism, while decreasing body fat. Suitable for all fitness levels.

**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.

## 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 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.