

# 2022 SUMMER FITNESS & AQUATICS GROUP EX SCHEDULE

Marilyn Fox Building - Chesterfield

Effective 5/2/2022

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

	Time	Class	Emphasis	Studio	Instructor
<b>SUN.</b>	8:00am	<b>Vinyasa Barre</b>	<b>C-S</b>	<b>MB</b>	<b>Michelle</b>
	9:00am	Core and Cardio Intervals	C-S	GX	Susan
	10:30am	Insight Yoga	MB	MB	Elise
<b>MONDAY</b>	5:45am	Insanity	C	GX	Mindy
	8:00am	<b>Aqua Power</b>	<b>C-S</b>	<b>AQ</b>	<b>Phyllis</b>
	8:15am	Cycle 40/20	C	CS	Barb
	9:00am	Tabata	C-S	GX	Kim
	<b>9:10am</b>	<b>Cardio Conditioning Cycle *</b>	<b>C</b>	<b>CS</b>	<b>Laina</b>
	10:00am	Express Sculpt (30 min)	S	GX	Kim
	10:30am	Stretch *	MB	MB	Kay
	5:30pm	Zumba *	C	GX	Danielle
	6:30pm	HIGH Fitness *	C	GX	<b>McKenzie</b>
	<b>6:30pm</b>	<b>Strength and Stretch</b>	<b>F-S</b>	<b>MB</b>	<b>Steve</b>
<b>TUESDAY</b>	<b>5:45am</b>	<b>HIGH Fitness</b>	<b>C</b>	<b>GX</b>	<b>Mackenzie</b>
	8:00am	Core Fusion	MB	MB	Barb
	8:30am	Cardio Pump	C-S	GX	Susan
	9:20am	Aqua Flow	C-S	AQ	Nancee
	9:15am	Physique Fusion *	MB	MB	Laina
	9:30am	Interval Power Hour	S	GX	Sandy
	10:30am	Gentle Yoga	MB	MB	Carley
	<b>10:30am</b>	<b>Foam Rolling (30 min)</b>	<b>F</b>	<b>GX</b>	<b>Sam</b>
	11:00am	Forever Fit	C-S	GX	Bryce
	<b>6:00pm</b>	<b>Cycle</b>	<b>C</b>	<b>CS</b>	<b>Randy</b>
6:00pm	Hatha Yoga - Level 1-2	MB	MB	Brenda	
<b>6:30pm</b>	<b>Circuit Training</b>	<b>C-S</b>	<b>GX</b>	<b>Katie</b>	

	Time	Class	Emphasis	Studio	Instructor
<b>WEDNESDAY</b>	5:45am	Insanity	C	GX	Mindy
	8:00am	<b>Aqua Power</b>	<b>C-S</b>	<b>AQ</b>	<b>Phyllis</b>
	8:00am	Express Cycle	C	CS	Laina
	8:30am	H.I.I.T. *	C-S	GX	Mindy
	9:30am	Pilates *	MB	MB	Mindy
	9:30am	Cardio Mix	C-S	GX	Kim
	10:30am	Stretch *	MB	MB	Kay
	<b>10:30am</b>	<b>Barre Fusion</b>	<b>C-S</b>	<b>GX</b>	<b>Leigh</b>
	5:30pm	Zumba *	C	GX	Danielle
	6:30pm	Strength & Stretch	F-S	GX	Steve
<b>THURSDAY</b>	<b>5:45am</b>	<b>H.I.I.T.</b>	<b>C-S</b>	<b>GX</b>	<b>TBD</b>
	7:30am	HIGH Fitness *	C	MB	Sarah
	<b>8:00am</b>	<b>Aqua Power</b>	<b>C-S</b>	<b>AQ</b>	<b>Phyllis</b>
	8:30am	Cardio Pump *	C-S	GX	Susan
	8:30am	Physique Fusion *	MB	MB	Laina
	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
<b>6:00pm</b>	<b>Cycle</b>	<b>C</b>	<b>CS</b>	<b>Randy</b>	
6:30pm	Aqua Fit	C-S	AQ	Olivia	
<b>FRIDAY</b>	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
	9:30am	Turbo Kick *	C	GX	Clara
	10:30am	TRX Fundamentals	S	MB	Sandy
	1:00pm	T'ai Chi *	MB	GX	Craig
<b>SATURDAY</b>	8:30am	Total Conditioning	C-S	GX	Dave
	9:00am	Stretch	F	MB	Kay
	9:30am	H.I.I.T.	C-S	GX	Shelly
	10:00am	Weekend Yoga Flow	MB	MB	Michelle
10:30am	Zumba	C	GX	Danielle	

**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

Stay up to date with the Fitness schedule!



View the latest schedule



Download the J App

**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.



**Cardio Pump with Susan**  
Tuesdays at 8:30am  
Thursdays at 8:30am