

# 2022 SUMMER FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur

Effective 5/2/2022

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

|                | Time                        | Class                                | Emphasis   | Studio              | Instructor     |
|----------------|-----------------------------|--------------------------------------|------------|---------------------|----------------|
| <b>SUNDAY</b>  | 8:00am                      | Total Conditioning *                 | C-S        | GX                  | Clara          |
|                | <b>8:00am</b>               | <b>Poolside Yoga (starts May 15)</b> | <b>MB</b>  | <b>OP</b>           | <b>Mary</b>    |
|                | <b>8:30am</b>               | <b>Daybreak (starts May 15)</b>      | <b>C-S</b> | <b>OP</b>           | <b>Julie</b>   |
|                | 9:00am                      | Step                                 | C-S        | GX                  | Kevin          |
|                | 9:20am                      | Cycle                                | C-S        | CS                  | Maurice        |
|                | 9:30am                      | Mat Pilates *                        | MB         | MB                  | Lynda          |
|                | 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          |
| <b>MONDAY</b>  | 6:00am                      | Hatha Yoga - Level 1-2               | MB         | MB                  | Faith          |
|                | 6:00am                      | H.I.I.T. *                           | C          | GX                  | <b>Katie</b>   |
|                | <b>6:00am</b>               | <b>Express Cycle (45 min)</b>        | <b>C</b>   | <b>CS</b>           | <b>Sarah</b>   |
|                | 8:30am                      | Zumba *                              | C          | GX                  | <b>Gaby</b>    |
|                | 8:30am                      | PiYo                                 | C-S        | MB                  | Jill           |
|                | 9:00am                      | <b>Aqua Flow</b>                     | C-S        | AQ                  | Julie          |
|                | 9:00am                      | Low Impact Circuit Training          | C-S        | FIT                 | Joe            |
|                | 9:30am                      | Cardio & Core *                      | C-S        | MB                  | Leigh          |
|                | <b>9:30am</b>               | <b>High Low *</b>                    | <b>C</b>   | <b>GX</b>           | <b>Karalee</b> |
|                | <b>9:40am</b>               | <b>Greatest H.I.I.T.S. Cycle</b>     | C          | CS                  | Jill           |
|                | 10:30am                     | Forever Fit                          | C-S        | GX                  | Cathleen       |
|                | <b>10:30am</b>              | <b>Foam Rolling (75 min)</b>         | <b>MB</b>  | <b>MB</b>           | <b>Monica</b>  |
|                | 11:00am                     | Aqua Fit                             | F          | AQ                  | Stephanie      |
|                | <b>5:30pm</b>               | <b>Evening Yoga Flow</b>             | <b>MB</b>  | <b>MB</b>           | <b>Alicia</b>  |
| 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                |                |
| <b>TUESDAY</b> | <b>6:00am</b>               | <b>Body Weight Strength</b>          | <b>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          |
|                | <b>8:30am</b>               | <b>Mat Pilates</b>                   | <b>MB</b>  | <b>MB</b>           | <b>Tanya</b>   |
|                | 9:00am                      | Swim Boot Camp                       | C-S        | AQ                  | Julie          |
|                | 9:30am                      | Barre Fusion                         | C-S        | MB                  | Leigh          |
|                | 9:30am                      | Circuit Training                     | C-S        | GX                  | Katie          |
|                | 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     |
|                | 6:00pm                      | After Work Cycle                     | C          | GS                  | James          |
| 6:30pm         | Zumba *                     | C                                    | GX         | Mary                |                |
| 6:30pm         | Hatha Yoga - Level 1-2      | MB                                   | MB         | Nivi                |                |
| <b>7:30pm</b>  | <b>Tango (90 min)</b>       | <b>MB</b>                            | <b>MB</b>  | <b>Jo &amp; Tal</b> |                |

\* Livestreamed in community.jccstl.org

| 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 | OP: Outdoor Pool |

|                  | Time                      | Class                             | Emphasis                 | Studio     | Instructor     |               |
|------------------|---------------------------|-----------------------------------|--------------------------|------------|----------------|---------------|
| <b>WEDNESDAY</b> | 6:00am                    | Hatha Yoga - Level 1-2            | MB                       | MB         | Monica         |               |
|                  | <b>6:00am</b>             | <b>Express Cycle</b>              | <b>C</b>                 | <b>CS</b>  | <b>Patty</b>   |               |
|                  | 6:00am                    | Core Circuit Training *           | C-S                      | GX         | Sarah          |               |
|                  | <b>8:30am</b>             | <b>PiYo *</b>                     | C-S                      | MB         | <b>Jill</b>    |               |
|                  | 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          |               |
|                  | 9:30am                    | Physique Fusion *                 | MB                       | MB         | Laina          |               |
|                  | <b>9:30am</b>             | <b>Turbo Kick *</b>               | C                        | GX         | Clara          |               |
|                  | 10:30am                   | Forever Fit                       | C-S                      | GX         | Laina          |               |
|                  | <b>10:30am</b>            | <b>Foam Rolling (75 min)</b>      | <b>MB</b>                | <b>MB</b>  | <b>Monica</b>  |               |
|                  | 11:00am                   | Aqua Fit                          | F                        | AQ         | Stephanie      |               |
|                  | 5:30pm                    | Hatha Yoga - Level 2-3            | MB                       | MB         | Joy            |               |
|                  | <b>5:30pm</b>             | <b>Zumba *</b>                    | <b>C</b>                 | <b>GX</b>  | <b>Heather</b> |               |
| 6:15pm           | Aqua Power Deep           | C-S                               | AQ                       | Stephanie  |                |               |
| 6:30pm           | STRONG Nation *           | C-S                               | GX                       | Katie      |                |               |
| 6:30pm           | Strength & Conditioning * | S                                 | MB                       | Ryan       |                |               |
| <b>THURSDAY</b>  | 6:00am                    | H.I.I.T. *                        | C                        | GX         | Patty          |               |
|                  | 8:30am                    | Strength and Conditioning         | S                        | GX         | Karen          |               |
|                  | 9:30am                    | Cardio Mix                        | C-S                      | GX         | Kim            |               |
|                  | 10:30am                   | Forever Fit                       | C-S                      | GX         | Leigh          |               |
|                  | 11:00am                   | Aqua Fit                          | C-S                      | AQ         | Stephanie      |               |
|                  | 11:30am                   | Gentle Yoga                       | MB                       | MB         | Stacia         |               |
|                  | 1:00pm                    | Better Balance                    | MB                       | GX         | Jo             |               |
|                  | <b>5:30pm</b>             | <b>Cardio Groove</b>              | <b>C</b>                 | <b>MB</b>  | <b>John</b>    |               |
|                  | 5:30pm                    | R.I.P.P.E.D. *                    | C-S                      | GX         | Clara          |               |
|                  | 6:00pm                    | Power Hour Cycle                  | C                        | CS         | Leslie         |               |
|                  | <b>6:30pm</b>             | <b>Cardio and Core</b>            | <b>C-S</b>               | <b>GX</b>  | <b>Ryan</b>    |               |
|                  | <b>FRIDAY</b>             | 6:00am                            | Hatha Yoga - Level 1-2 * | MB         | MB             | Maria         |
|                  |                           | <b>6:00am</b>                     | <b>AM Power Hour</b>     | <b>C-S</b> | <b>GX</b>      | <b>Sarah</b>  |
|                  |                           | 8:30am                            | Zumba *                  | C          | GX             | <b>Gaby</b>   |
| 8:30am           |                           | Hatha Yoga - Level 1-2            | MB                       | MB         | Steve          |               |
| 9:00am           |                           | Aqua Fit                          | C-S                      | AQ         | Julie          |               |
| 9:30am           |                           | Zumba *                           | C                        | GX         | <b>TBD</b>     |               |
| 9:30am           |                           | Cardio Sculpt & Stretch *         | C-S                      | MB         | Leigh          |               |
| <b>9:30am</b>    |                           | <b>Power Hour Cycle</b>           | <b>C</b>                 | <b>CS</b>  | <b>Leslie</b>  |               |
| <b>10:30am</b>   |                           | <b>Stretch and Roll</b>           | <b>F</b>                 | <b>MB</b>  | <b>John</b>    |               |
| 10:30am          |                           | Forever Fit                       | C-S                      | GX         | Cathleen       |               |
| 11:00am          |                           | Aqua Fit                          | C-S                      | AQ         | Stephanie      |               |
| 11:30am          |                           | Stretch *                         | MB                       | MB         | Kay            |               |
| <b>SATURDAY</b>  |                           | <b>8:00am</b>                     | <b>P90-X *</b>           | <b>C-S</b> | <b>GX</b>      | <b>Ashley</b> |
|                  |                           | 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                    | Hatha Yoga - Level 2-3 (90 min) * | MB                       | MB         | Maria          |               |
|                  | 9:30am                    | Power Hour Cycle                  | C                        | CS         | Leslie         |               |
|                  | 10:30am                   | Bolly X *                         | C                        | GX         | Echo           |               |
|                  | 11:30am                   | STRONG Nation                     | C-S                      | GX         | Jody           |               |
|                  | 1:00pm                    | Hatha Yoga - Level 1-2 (90 min) * | MB                       | MB         | Maria          |               |
|                  | 1:00pm                    | Zumba *                           | C                        | GX         | Eileen         |               |

## 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.

Stay up to date with the Fitness schedule!



View the latest schedule



Download the J App



**Barre Fusion with Patty**  
Tuesdays at 6:00am  
Saturdays at 8:30am

Questions?

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