

2022 WINTER-SPRING FITNESS & AQUATICS GROUP EX SCHEDULE

Virtual Classes

Effective 5/2/2022

| | Time | Class | Emphasis | Instructor |
|------------------|------------------------|-----------------------------|------------|--------------|
| SUNDAY | 8:00am | Total Conditioning * | C-S | Clara |
| | 9:30am | Mat Pilates * | MB | Lynda |
| | 10:30am | Deep Stretch and Roll * | MB | Leigh |
| | 11:30am | Hatha Yoga - Level 1-2 * | MB | Maria |
| | 11:30am | Zumba * | C | Echo |
| MONDAY | 6:00am | H.I.I.T. * | C-S | Katie |
| | 9:00am | Cardio Conditioning Cycle * | C | Laina |
| | 9:30am | Zumba * | C | Gaby |
| | 9:30am | Cardio & Core * | C-S | Leigh |
| | 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 | Strength and Conditioning * | S | Ryan |
| 7:30pm | Hatha Yoga - Level 1-2 | MB | Maria | |
| TUESDAY | 6:00am | Barre Fusion * | C-S | Patty |
| | 7:00am | Hatha Yoga - Level 2-3 * | MB | Lynda |
| | 8:30am | Strength & Conditioning * | S | Sarah |
| | 9:15am | Physique Fusion * | MB | Laina |
| | 10:00am | Pilates | MB | Susan |
| | 5:30pm | Turbo Kick * | C | Jacqueline |
| | 6:30pm | Zumba * | C | Mary |
| | 6:30pm | Pilates | MB | Kim |
| WEDNESDAY | 6:00am | Core Circuit Training * | C-S | Sarah |
| | 8:30am | PiYo * | C-S | Jill |
| | 8:30am | H.I.I.T. * | C-S | Mindy |
| | 9:30am | Turbo Kick * | C | Clara |
| | 9:30am | Pilates * | MB | Mindy |
| | 10:00am | T'ai Chi | MB | Craig |
| | 10:30am | Stretch * | F | Kay |
| | 5:30pm | Zumba * | C | Danielle |
| | 5:30pm | Zumba | C | Heather |
| | 6:30pm | Strength & Conditioning * | S | Ryan |
| | 7:30pm | Zumba * | C | Laura |

| | Time | Class | Emphasis | Instructor |
|-----------------|---------------|-----------------------------------|------------|-------------|
| THURSDAY | 6:00am | H.I.I.T. * | C | Patty |
| | 7:30am | High Fitness * | C | Sarah |
| | 8:30am | Cardio Pump * | C-S | Susan |
| | 8:30am | Physique Fusion* | MB | Laina |
| | 9:30am | Tabata * | C-S | Shelly |
| | 9:30am | Interval Power Hour * | S | Anna |
| | 5:30pm | R.I.P.P.E.D. * | C-S | Clara |
| FRIDAY | 6:30pm | Cardio and Core * | C-S | Ryan |
| | 6:30pm | Pilates | MB | Kim |
| | 6:00am | Hatha Yoga - Level 1-2 * | MB | Maria |
| | 8:30am | Total Conditioning * | C-S | Shelly |
| | 9:30am | Zumba * | C | Gaby |
| SATURDAY | 9:30am | Cardio Sculpt & Stretch * | C-S | Leigh |
| | 9:30am | Turbo Kick * | C | Clara |
| | 11:30am | Stretch * | MB | Kay |
| | 1:00pm | T'ai Chi * | MB | Craig |
| | 8:00am | Strength & Conditioning * | S | Sarah |
| SATURDAY | 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 |
| | 1:00pm | Zumba * | C | Eileen |
| | 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.
- 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.
- Red indicates a new class, or a time or instructor change.**

Questions?

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