

2022 SUMMER FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur

Updated 6/13/2022

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
	8:00am	Poolside Yoga (starts May 15)	MB	OP	Mary
	8:30am	Daybreak (starts May 15)	C-S	OP	Julie
	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
MONDAY	6:00am	Hatha Yoga - Level 1-2	MB	MB	Faith
	6:00am	H.I.I.T. *	C	GX	Katie
	6:00am	Express Cycle (45 min)	C	CS	Sarah
	8:30am	Zumba *	C	GX	Gaby
	8:30am	PiYo	C-S	MB	Jill
	9:00am	Aqua Flow	C-S	AQ	Julie
	9:00am	Low Impact Circuit Training	C-S	FIT	Joe
	9:30am	Cardio & Core *	C-S	MB	Leigh
	9:30am	High Low *	C	GX	Karalee
	9:40am	Greatest H.I.I.T.S. Cycle	C	CS	Jill
	10:30am	Forever Fit	C-S	GX	Cathleen
	10:30am	Foam Rolling (75 min)	MB	MB	Monica
	11:00am	Aqua Fit	F	AQ	Stephanie
	5:30pm	Evening Yoga Flow	MB	MB	Alicia
	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	
6:45pm	Outdoor Yin Yoga	MB	DCP**	Alicia	
TUESDAY	6:00am	Body Weight Strength	S	GX	Steve
	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
	8:30am	Mat Pilates	MB	MB	Tanya
	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
	11:30am	Tai Chi	MB	GX	Judy
	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	
7:30pm	Tango 101	MB	GX	Jo & Tal	
8:15pm	Tango 102	MB	GX	Jo & Tal	

	Time	Class	Emphasis	Studio	Instructor	
WEDNESDAY	6:00am	Hatha Yoga - Level 1-2	MB	MB	Monica	
	6:00am	Express Cycle	C	CS	Patty	
	6:00am	Core Circuit Training *	C-S	GX	Sarah	
	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	High Energy Cycle	C	CS	Jamie	
	9:30am	Physique Fusion *	MB	MB	Laina	
	9:30am	Turbo Kick *	C	GX	Clara	
	10:30am	Forever Fit	C-S	GX	Laina	
	10:30am	Foam Rolling (75 min)	MB	MB	Monica	
	11:00am	Aqua Fit	F	AQ	Stephanie	
	11:30am	Tai Chi	MB	GX	Judy	
	5:30pm	Hatha Yoga - Level 2-3	MB	MB	Joy	
	5:30pm	Zumba *	C	GX	Heather	
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	
	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	MB	Jo	
	5:30pm	R.I.P.P.E.D. *	C-S	GX	Clara	
	6:00pm	Power Hour Cycle	C	CS	Leslie	
	6:00pm	Cardio Groove	C	MB	John	
	6:30pm	Cardio and Core	C-S	GX	Ryan	
	FRIDAY	6:00am	Hatha Yoga - Level 1-2 *	MB	MB	Maria
		6:00am	AM Power Hour	C-S	GX	Sarah
		8:30am	Zumba *	C	GX	Gaby
		8:30am	Hatha Yoga - Level 1-2	MB	MB	Steve
9:00am		Aqua Fit	C-S	AQ	Julie	
9:30am		Zumba *	C	GX	Eileen	
9:30am		Cardio Sculpt & Stretch *	C-S	MB	Leigh	
9:30am		Power Hour Cycle	C	CS	Leslie	
10:30am		Stretch and Roll	F	MB	John	
10:30am		Forever Fit	C-S	GX	Cathleen	
11:00am		Aqua Fit	C-S	AQ	Stephanie	
11:30am		Stretch *	MB	MB	Kay	
SATURDAY		7:30am	Kettlebells	C-S	GX	Steve
		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	
	8:30am	P90-X *	C-S	GX	Ashley	
	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	
	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?
Sarah Amonson, 314.442.3210, samonson@jccstl.org

