

# 2022 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Marilyn Fox Building - Chesterfield

Starts 9/6/2022

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

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

|                  | Time               | Class                           | Emphasis   | Studio    | Instructor    |
|------------------|--------------------|---------------------------------|------------|-----------|---------------|
| <b>WEDNESDAY</b> | 5:45am             | Insanity                        | C          | GX        | Mindy         |
|                  | 8:00am             | Aqua Power                      | C-S        | AQ        | Phyllis       |
|                  | 8:00am             | <b>Cycle (begins October 1)</b> | <b>C</b>   | <b>CS</b> | <b>TBD</b>    |
|                  | 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           |
|                  | 10:30am            | Barre Fusion                    | C-S        | GX        | Leigh         |
|                  | 12:00pm            | <b>TRX Fundamentals</b>         | <b>C-S</b> | <b>MB</b> | <b>Alicia</b> |
|                  | 5:30pm             | Zumba *                         | C          | GX        | Danielle      |
|                  | 5:30pm             | TRX Strength & Cardio           | C-S        | MB        | Alicia        |
| 6:30pm           | Strength & Stretch | F-S                             | GX         | Steve     |               |
| <b>THURSDAY</b>  | 5:45am             | H.I.I.T.                        | C-S        | GX        | Kahra         |
|                  | 7:30am             | HIGH Fitness *                  | C          | MB        | Sarah         |
|                  | 8:00am             | Aqua Power                      | C-S        | AQ        | Phyllis       |
|                  | <b>8:00am</b>      | <b>Core/Cycle 20/30</b>         | <b>C-S</b> | <b>MB</b> | <b>Barb</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        | <b>Julie</b>  |
|                  | 11:00am            | Forever Fit                     | C-S        | GX        | Bryce         |
| 5:30pm           | Vinyasa Barre      | F-S                             | MB         | Michelle  |               |
| 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        |
|                  | <b>8:30am</b>      | <b>Yin Yoga</b>                 | <b>MB</b>  | <b>MB</b> | <b>Chanin</b> |
|                  | 9:00am             | Spin and Stretch (70 min)       | C          | CS        | Laina         |
|                  | <b>9:30am</b>      | <b>Turbo Kick *</b>             | <b>C</b>   | <b>GX</b> | <b>Clara</b>  |
|                  | 10:30am            | <b>Power Core TRX</b>           | <b>S</b>   | <b>MB</b> | <b>Sandy</b>  |
|                  | 11:30am            | <b>TRX + Deep Stretch</b>       | <b>C-S</b> | <b>MB</b> | <b>Alicia</b> |
|                  | 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 OP: Outdoor Pool

Stay up to date with the Fitness schedule!



View the latest schedule



Download the J App

Questions?  
Sarah Amonson, 314.442.3210, samonson@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 = 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.



**HIGH Fitness**  
Mondays at 6:30pm  
Tuesdays at 5:45am  
Thursdays at 7:30am