

2023 WINTER-SPRING FITNESS & AQUATICS GROUP EX SCHEDULE

Marilyn Fox Building - Chesterfield

BEGINS 1/9/2023

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

	Time	Class	Emphasis	Studio	Instructor
SUNDAY	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
	10:30am	Zumba	C	GX	Laura
MONDAY	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
	9:30am	Pilates	MB	MB	Mindy
	10:00am	Express Strength and Sculpt (30 min)	S	GX	Kim
	10:30am	Barre	C-S	GX	Monica
	10:30am	Stretch *	MB	MB	Kay
	5:30pm	Zumba *	C	GX	Danielle
TUESDAY	5:30am	Cycle	C	CS	Stacy
	5:45am	HIGH Fitness	C	GX	Mackenzie
	8:00am	Core Fusion	MB	MB	Barb
	8:30am	Cardio Pump	C-S	GX	Susan
	9:00am	Physique Fusion *	MB	MB	Laina
	9:20am	Aqua Flow	C-S	AQ	Nancee
	9:30am	Interval Power Hour	S	GX	Shelly
	10:30am	Gentle Yoga	MB	MB	Julie
	10:30am	Foam Rolling (30 min)	F	GX	Sam
	11:00am	Forever Fit	C-S	GX	Bryce
	5:30pm	Pound	C-S	GX	Ria
	6:00pm	Hatha Yoga - Level 1-2	MB	MB	Brenda
	6:30pm	Conditioning *	C-S	GX	Clara

	Time	Class	Emphasis	Studio	Instructor	
WEDNESDAY	5:45am	Strength and Stretch Intervals	S	GX	Mindy	
	8:00am	Aqua Power	C-S	AQ	Phyllis	
	8:30am	H.I.I.T. *	C-S	GX	Mindy	
	8:30am	Barre	MB	MB	John	
	9:00am	Express Cycle (45 min)	C-S	C	Laina	
	9:30am	Vinyasa Yoga Flow	MB	MB	Monica	
	9:30am	Cardio Mix	C-S	GX	Kim	
	10:30am	Stretch *	MB	MB	Kay	
	12:00pm	TRX Fundamentals	C-S	MB	Alicia	
	5:30pm	Zumba *	C	GX	Danielle	
	5:30pm	TRX Strength & Cardio	C-S	MB	Alicia	
	6:30pm	Yin Yoga	MB	MB	Chanin	
THURSDAY	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	
	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	Julie	
	11:00am	Forever Fit	C-S	GX	Bryce	
	5:00pm	Bosu Express (30 min)	S	GX	Michelle	
	5:30pm	Vinyasa Barre	F-S	MB	Michelle	
	5:30pm	H.I.I.T.	C-S	GX	Shelly	
	6:30pm	Aqua Fit	C-S	AQ	Olivia	
FRIDAY	5:45am	H.I.I.T.	C-S	GX	Patty	
	8:30am	Total Conditioning *	C-S	GX	Shelly	
	8:30am	Yin Yoga	MB	MB	Chanin	
	9:00am	Spin and Stretch (70 min)	C	CS	Laina	
	9:30am	Turbo Kick *	C	GX	Clara	
	10:30am	Power Core TRX	S	MB	Sandy	
	11:30am	TRX + Deep Stretch	C-S	MB	Alicia	
	1:00pm	T'ai Chi *	MB	GX	Craig	
	SATURDAY	8:30am	Total Conditioning	C-S	GX	Dave
		9:00am	Stretch	F	MB	Kay
9:30am		H.I.I.T.	C-S	GX	Shelly	
9:30am		Cycle	C	CS	Jessica	
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.

