

2023 WINTER-SPRING FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur

BEGINS 1/9/2023

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
	8:15am	Insanity	C	MB	Ashley
	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	Rocio
	11:30am	Hatha Yoga - Level 1-2 *	MB	MB	Maria
	1:00pm	Power Pilates	MB	MB	Maria
MONDAY	6:00am	Hatha Yoga - Level 1-2	MB	MB	Lesley
	6:00am	H.I.I.T.	C-S	GX	Patty
	6:00am	Express Cycle (45 min)	C	CS	Sarah
	7:00am	Deep Stretch and Roll for Athletes (30 min)	MB	MB	Lesley
	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	Tai Chi	MB	MB	Judy
	11:00am	Aqua Fit	F	AQ	Stephanie
	11:30am	Gentle Yoga	MB	MB	Steve
	12:00pm	Butts & Guts	S	GX	Ria
	5:30pm	R.I.P.P.E.D. *	C-S	GX	Jacqueline
	5:30pm	Evening Yoga Flow	MB	MB	Alicia
	6:15pm	Aqua Power Deep	C-S	AQ	Stephanie
	6:30pm	Strength and Conditioning	S	GX	Ria
6:30pm	Swing	C	MB	Tal	
TUESDAY	6:00am	Body Weight Strength	S	GX	Steve
	6:00am	Barre Fusion *	C-S	MB	Patty
	8:30am	Strength and 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	Clara
	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
	1:00pm	Better Balance	MB	MB	Jo
	5:30pm	Turbo Kick *	C	GX	Jacqueline
	5:30pm	Hatha Yoga - Level 1-2 (70 min)	MB	MB	Nivi
	6:00pm	After Work Cycle	C	GS	John
	6:30pm	Zumba *	C	GX	Mary
	7:00pm	Tango 101	MB	MB	Jo & Tal
8:00pm	Tango 102	MB	GX	Jo & Tal	

* 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	

Stay up to date with the Fitness schedule!



View the latest schedule



Download the J App

	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	Strength and Mobility	S	MB	Ria	
	8:30am	Zumba	C	GX	Gaby	
	9:00am	Low Impact Circuit Training	C-S	FIT	Joe	
	9:00am	Aqua Fit	C-S	AQ	Julie	
	9:30am	Physique Fusion *	MB	MB	Laina	
	9:30am	High Energy Cycle	C	CS	Jamie	
	9:30am	Turbo Kick *	C	GX	Clara	
	10:30am	Forever Fit	C-S	GX	Lisa	
	10:30am	High Low	C	MB	Karalee	
	11:00am	Aqua Fit	F	AQ	Stephanie	
	11:30am	Gentle Yoga (75 min)	MB	MB	Faith	
	11:30am	Tai Chi	MB	GX	Judy	
	5:30pm	Hatha Yoga - Level 2-3	MB	MB	Joy	
	5:30pm	Zumba *	C	GX	Heather	
	6:00pm	After Work Cycle	C	CS	James	
6:15pm	Aqua Power Deep	C-S	AQ	Stephanie		
6:30pm	STRONG Nation *	C-S	GX	Katie		
6:30pm	Strength and Conditioning *	S	MB	Ryan		
THURSDAY	6:00am	H.I.I.T. *	C	GX	Patty	
	6:00am	Hatha Yoga - Level 2-3	MB	MB	Lesley	
	8:30am	Strength and Conditioning	S	GX	Karen	
	8:30am	Barre	C-S	MB	John	
	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	Hatha Yoga - Level 2-3	MB	GX	Lesley	
	11:30am	Gentle Yoga	MB	MB	Stacia	
	1:00pm	Better Balance	MB	MB	Jo	
	4:00pm	Yoga for Cancer	MB	MB	Stacia	
	5:30pm	R.I.P.P.E.D. *	C-S	GX	Clara	
	5:30pm	Cardio Groove	C	MB	John	
	6:00pm	After Work Cycle	C	CS	James	
	6:30pm	Pound	C-S	GX	Ria	
	6:30pm	Ashtanga Yoga	MB	MB	Kelly	
	FRIDAY	6:00am	Hatha Yoga - Level 1-2 *	MB	MB	Maria
		6:00am	AM Power Hour	C-S	GX	Ria
6:00am		Express Cycle (45 min)	C	CS	Sophia	
8:30am		Express Cycle (45 min)	C	CS	Jill	
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	Lisa	
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	
11:30am		Hatha Yoga - Level 2-3	MB	GX	Lynda	
5:00pm		Cycle	C	CS	John	
SATURDAY		7:30am	Kettlebells	C-S	GX	Steve
		8:15am	Swim Boot Camp	C-S	AQ	Julie
	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	Patty	
	10:30am	Bolly X *	C	GX	Jo	
	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.
- 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.
- **Pink is part of Sharsheret Supports STL. Addresses the specific physical and emotional needs left by cancer and its treatments.**

Questions?

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