

2023 WINTER-SPRING FITNESS & AQUATICS GROUP EX SCHEDULE

Virtual Classes

Begins 1/9/2023

	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	Rocio
MONDAY	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
TUESDAY	6:00am	Barre Fusion *	C-S	Patty
	8:30am	Strength & Conditioning *	S	Sarah
	9:15am	Physique Fusion *	MB	Laina
	9:30am	Barre Fusion *	C-S	Leigh
	5:30pm	Turbo Kick *	C	Jacqueline
	6:30pm	Zumba *	C	Mary
	6:30pm	Pilates	MB	Kim
6:30pm	Conditioning *	S	Clara	
WEDNESDAY	6:00am	Core Circuit Training *	C-S	Sarah
	8:30am	H.I.I.T. *	C-S	Mindy
	9:30am	Turbo Kick *	C	Clara
	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	

	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	Interval Power Hour *	S	Anna
	10:00am	Pilates	MB	Susan
5:30pm	R.I.P.P.E.D. *	C-S	Clara	
6:30pm	Pound	C-S	Ria	
6:30pm	Pilates	MB	Kim	
FRIDAY	6:00am	Hatha Yoga - Level 1-2 *	MB	Maria
	8:30am	Total Conditioning *	C-S	Shelly
	9:30am	Zumba *	C	Gaby
	9:30am	Cardio Sculpt & Stretch *	C-S	Leigh
	11:30am	Stretch *	MB	Kay
	11:30am	Yoga for Cancer	MB	Emily
1:00pm	T'ai Chi *	MB	Craig	
SATURDAY	8:30am	P90X *	C-S	Ashley
	9:30am	Turbo Kick *	C	Clara
	9:30am	Hatha Yoga - Level 2-3 (90 min) *	MB	Maria
	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.**
- Pink is part of our Sharsheret Supports STL. Addresses the specific physical and emotional needs left by cancer and its treatments.**

Questions?

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