

2023 WINTER-SPRING FITNESS & AQUATICS GROUP EX SCHEDULE

Marilyn Fox Building - Chesterfield

UPDATED 2/20/2023

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	Stretch *	MB	MB	Kay
5:30pm	Zumba *	C	GX	Danielle	
TUESDAY	5:30am	Cycle	C	CS	Stacy
	5:45am	AM Power Hour	C-S	GX	Ria
	8:00am	Core Fusion	MB	MB	Barb
	8:30am	Cardio Pump	C-S	GX	Susan
	9:00am	Physique Fusion *	MB	MB	Laina
	9:00am	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
	6:00pm	Hatha Yoga - Level 1-2	MB	MB	Brenda
	6:30pm	Circuit Training *	C-S	GX	Clara
6:30pm	Aqua Fit	C-S	AQ	Olivia	

* Livestreamed on 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	OP: Outdoor Pool

Stay up to date with the Fitness schedule!



View the latest schedule



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Questions?

Sarah Amonson, 314.442.3210, samonson@jccstl.org

	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
	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
	9:30am	TRX	C-S	MB	Alicia
	10:30am	Ashtanga Yoga	MB	MB	Alicia
	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
8:30am		Stretch	F	MB	Kay
9:00am		Cycle	C	CS	Jessica
9:30am		H.I.I.T.	C-S	GX	Shelly
10:00am		Weekend Yoga Flow	MB	MB	Michelle
10:30am		Zumba	C	GX	Danielle

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.



Marilyn Fox Building - Group Ex Class Descriptions

Barre Fusion: Strengthen and tone while lengthening muscles with intervals of stretching. Light weights and floor work compliment barre work to push your muscles to exhaustion.

Cardio Mix: A fun and challenging class designed for all fitness levels. Formats may include H.I.I.T., Tabata as well as high-low and step. Cardiovascular, strength and core will all be incorporated for a well-rounded, full-body workout.

Cardio Pump: A low-intensity aerobic class combining strength and endurance, joint stability and mobility, balance and flexibility.

Core/Cycle 20/30: This class starts with 20 minutes of stabilizing the core using lengthening exercises, strength training, stretching and balancing moves in the mind body studio followed by 30 minutes of upbeat, high-energy cycling in the cycle studio.

Core & Cardio Intervals: This class focuses on cardiovascular exercise that may include, high-low impact aerobics, H.I.I.T. or Tabata, combined with various core-strengthening exercises.

Core Fusion: Strengthen, stabilize and tone your core with traditional exercises as well as Pilates-based exercises.

Cycle: You will experience an aerobic exercise on a stationary bike while an instructor motivates you through visualization with motivational music.

Cycle 40/20: Spend 40 minutes of upbeat, high-energy cycling followed by 20 minutes of stabilizing the core using lengthening exercises, strength training, stretching and balancing moves.

Foam Rolling: Draws on somatic movement and yoga-based stretches to promote greater range of motion and fluidity in the muscles, joints, spine and connective tissues of the body. Relaxing movements and prop-supported postures cultivate elasticity and sensory awareness while allowing the nervous system, brain and tissues to fall into a state of rest and receptivity.

Forever Fit: A low-intensity aerobics class offering a great cardiovascular workout. It combines strength, endurance, joint stability, balance and flexibility.

H.I.I.T.: High Intensity Interval Training combines cardio and strength training in a format of quick, intense bursts of exercise, followed by short recovery periods.

HIGH Fitness: This simple, intense, consistent, inclusive and fun class takes old-school aerobics to the next level with modern fitness techniques such as H.I.I.T. training, plyometrics, intervals of strength and cardio, and more.

Insanity: An intense workout that combines cardio and building muscle.

Interval Power Hour: Train your strength, agility, balance and core through this workout utilizing a variety of equipment that will keep your muscles guessing and adapting to meet new challenges. High to low impact options provided.

Physique Fusion: Strengthen and tone while lengthening the muscles with intervals of stretching. Light weights, floor work, ballet barre are all used to push your muscles to exhaustion.

Pilates: A progressive series of exercises, based on the methods of Joseph Pilates, designed to increase the strength of your body's core (abdominals, back, glutes and hips) while lengthen the muscles.

Power Core TRX: This is a class that will build strength, endurance, balance, coordination, flexibility, power and core stability using the TRX strap and your own body weight.

Strength & Sculpt: This class provides the energy to get through the rest of the day and increases your strength and endurance.

Strength & Stretch: Increase your mobility and flexibility while strengthening your core. Dynamic and static joint mobility techniques combined with body weight and dumbbell strength training will help you to achieve a strong core and improved movement. Class is appropriate for all levels.

Spin and Stretch: You will experience an aerobic exercise on a stationary bike while an instructor motivates you through visualization with motivational music. 45-minutes on the bike followed by 15-minutes of deep stretching off the bike.

Stretch: Stretch all major muscle groups to improve overall flexibility and enhance your range of movement.

Tabata: An intense interval training class that follows a specific timed format (20 seconds on, 10 seconds off).

T'ai Chi: This graceful form of exercise involves a series of movements performed in a slow, focused manner, and is accompanied by deep breathing. Suitable for all ages and fitness levels.

Total Conditioning: This class combines anaerobic activity with plyometric and callisthenic drills to offer a challenging option in your cardio routine.

TRX Fundamentals: TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. Exercises are easily modified for the very beginner or can be quickly adapted to challenge even the advanced athlete. Sweat, strengthen and develop and stronger body starting at the core.

TRX Strength & Cardio: This class will focus on strength and cardiovascular exercises to get a very unique total body workout.

Turbo Kick: An energizing kickboxing interval class. Cardio that uses intensity drills and increased energy sprints followed by work recovery segments.

Vinyasa Barre: An energetic, fun workout that fuses fitness techniques from Dance, Pilates and Yoga to tone, define and chisel the whole body. It combines strength and flexibility with added cardio to burn fat fast.

Zumba: A fusion of Latin and International music; featuring aerobic/fitness interval training with fast and slow rhythms that tone and sculpt the body.

Yoga Classes

See what Yoga class is right for you!

Choose a suitable level for your yoga skills as you start your practice or further your abilities. Yoga builds strength, boosts flexibility and increases balance through breathing techniques and postures.

Gentle Yoga: A yoga class gentle enough to attend every day; ideal for students just beginning their practice.

Hatha Yoga, Level 1-2: A beginner to intermediate class which introduces additional basic postures with some longer durations. You'll focus on proper breathing and movements and should leave class feeling longer, looser, and more relaxed.

Insight Yoga: Insight yoga is a blend of different yoga techniques and practices; breath, passive, active, alignment, flow and stillness, power and gentle yoga. All parts woven together to offer participants unique mind body balance, serenity and grace.

Yin Yoga: This class is suitable for all levels and focuses on a meditative and slow practice designed to develop your capacity to breathe through long-held poses. These poses, mostly done on the floor, are held up to several minutes while you observe your natural responses to discomfort.

Yoga Flow: This is a fun and energetic flow designed to increase flexibility for all levels. Explore yoga practice in new ways while letting go of anything which no longer serves you.

Aquatic Classes

Aqua Fit: Moderate-impact, water-specific exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment.

Aqua Flow: Exercise with the aid of the water's buoyancy and resistance can help improve joint flexibility. Good choice for those participants with arthritis, rehabbing or new to aqua fitness.

Aqua Power: Exercise with the aid of the water's buoyancy and resistance can help improve joint flexibility. Good choice for those participants with arthritis, rehabbing or new to aqua fitness.