

2023 WINTER-SPRING FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur

UPDATED 2/20/2023

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	STRONG Nation	C-S	GX	Heather
	6:00am	Express Cycle (45 min)	C	CS	Sarah
	7:00am	Deep Stretch 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



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	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	High Energy Cycle	C	CS	Jamie
	9:30am	Turbo Kick *	C	GX	Clara
	9:30am	Ballet	S-F	MB	Michelle
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 & Stretch (70 min)	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	
FRIDAY	6:00am	Hatha Yoga - Level 1-2 *	MB	MB	Maria
	6:00am	AM Power Hour	C-S	GX	Ria
	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	
6:00pm	Cycle	C	CS	John	
7:00pm	Hatha Yoga - Level 1-2	MB	MB	John	
SATURDAY	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?

Sarah Amonson, 314.442.3210, samonson@jccstl.org

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Staenberg Family Complex - Group Ex Class Descriptions

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

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.

Better Balance: Work on balance techniques, posture, movement and the strength and flexibility required for good balance. Class addresses common trip hazards and reasons for losing balance while practicing strategies for falling safely and getting back up.

Body Weight Strength: Fitness the old-fashioned way! Get a great, full-body workout with no equipment necessary. Let Steve guide you through cardio, strength and core, all with just your body and a mat. You will be challenged!

BollyX: The Hollywood Workout: Incorporates a variety of dance styles and music: Bhangra, pop, folk, Bollywood, and TONS of rock star swag to have you shaking your hips and working up a sweat!

BollyX: The Hollywood Workout: Incorporates a variety of dance styles and music: Bhangra, pop, folk, Bollywood, and TONS of rock star swag to have you shaking your hips and working up a sweat!

Butt & Guts: This class is just for your core and lower body. Exercises focus on strengthening, shaping, and sculpting your glutes, core, and legs. Gliders, dumbbells, Bosu, steps and even your own body weight are used to give you a great workout!

Cardio Groove: Dance your way to improved health and wellness to the greatest hip-hop hits. Release stress while increasing your heart rate, improving balance, challenging your coordination and having fun. Expect to learn a variety of hip-hop dance moves.

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 Sculpt and Strength: Offers the perfect combination of cardiovascular and strength training in order to give you a total body workout.

Circuit Training: This well-rounded workout utilizes fitness equipment in circuits.

Core Circuit Training: Strengthen and stabilize your abs and lower back through intense exercises targeting the CORE!

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

Deep Stretch & Roll: You will use a variety of stretching methods to gradually increase muscle strength and extend range of movement at the joints. This may help prevent injury and improve health.

Extreme Conditioning: An intense workout using weights to target major muscle groups. Incorporates cardiovascular exercise and plyometrics to challenge all levels.

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 energetic, music-based workout combines traditional, low-impact aerobics movements with higher impact plyometric movements to create a comprehensive fitness routine that supports heart health and weight loss. No jumping is required to enjoy the class and get a great workout! When in doubt, we take the jump out.

High Low: This energetic, music-based workout combines traditional, low-impact aerobics movements with higher impact plyometric movements to create a comprehensive fitness routine that supports heart health and weight loss.

Kettlebells: Get a great full-body workout using one of the most versatile pieces of fitness equipment: kettlebells. Develop increased strength throughout your entire body while improving your coordination and balance as well. All levels are welcome to participate.

P90-X: A total body, cardio and strength training class that uses body weight and dumbbells to build a strong, fit body and confident mind. Utilizes the latest techniques to target balance, core strength, athletic ability and functional movement.

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.

PiYo: This athletic workout combines mind/body practices of Yoga and Pilates as well as principles of stretch, strength training, and dynamic movement.

R.I.P.P.E.D.: An all-encompassing workout program that focuses on all the major areas of fitness: resistance, intervals, power, plyometrics and endurance!

Strength and Mobility: This class combines strength circuits with mobility exercises to increase your strength, range of motion, and balance. This is a total body workout appropriate for all levels.

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

Stretch and Roll: Relax and rejuvenate your muscles, spine, joints and connective tissues of the body through gentle sliding, gliding and rocking movements using a variety of props such as a foam roller and balls.

Step: With an adjustable step platform, this high-energy class helps increase endurance and body toning. Step classes begin with a dynamic warm-up, followed by active, choreographed cardiovascular exercises targeting different muscle groups.

Strength and Conditioning: Build total body strength and muscular endurance in this multi-planar class using various free weights and body weight. Circuits target every major muscle group in the body and change to your adapting needs.

STRONG Nation: Combines high intensity interval training, martial arts, and cardio kickboxing with original music specifically designed to match every move. Appropriate for any fitness level, this class will have you meeting your ultimate fitness goals - and then making new ones.

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.

Tango: An intro to the fundamentals of Tango, including musicality and movement, connection, walking steps, basic elements of turning and navigation. No partner required. Smooth-soled shoes recommended.

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

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

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

Pilates Classes

Gentle Pilates moves at a slower pace as participants develop increased muscular awareness and core strength.

Mat 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 Pilates: A total body workout that focuses on building power, strength and muscular endurance through isolated and integrated movements. This workout derived from traditional Pilates and is guaranteed to give your core a good focus. Dumbbells, balls, rings, rollers are used to make it fun and different each class.

Yoga Classes

See what Yoga class is right for you!

Ashtanga Yoga: A refreshing class that improves circulation, challenges core muscles, and cleans mental clutter. Aligned movement synchronized with breath is both energizing and grounding. Expect to be led through sun salutations, standing poses, seated poses, and possibly a few inversions.

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.

Hatha Yoga, Level 2-3: You should leave this class feeling challenged as this intermediate to advanced level will continue your practice of mastering most basic yoga postures, as well as more dynamic and complex ones – may include arm balances, deep backbends and inversions.

Yoga Flow: This movement-style class flows from pose to pose. All levels.

Yoga for Cancer: A research-based specialized yoga methodology addressing the specific physical and emotional needs left by cancer and its treatments. This method is gentle and restorative and focuses on movement and breath and the special needs of current cancer patients and survivors.

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 Deep: High intensity, no impact water resistance training; improves muscle tone, flexibility strength and endurance may use flotation belts; class held in deep water.

Swim Boot Camp: Advanced class includes endurance swim, sprints, calisthenics, strength and explosive moves – both wet and dry work. Must be able to swim 100y freestyle non-stop, tread and climb in/out of the pool repeatedly.