

2023 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Marilyn Fox Building - Chesterfield

Effective 9/5/2023

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

	Time	Class	Emphasis	Studio	Instructor
SUN.	9:00am	Core and Cardio Intervals	C-S	GX	Susan
	10:30am	Insight Yoga	MB	MB	Elise
MONDAY	5:45am	TRX Strength & Cardio	C-S	MB	Andrea
	5:45am	Insanity	C	GX	Mindy
	8:00am	Mat Pilates	MB	MB	Mindy
	8:15am	Cycle 40/20	C	CS	Barb
	9:00am	Wet Sweat	C-S	AQ	Marty
	9:15am	Spin and Stretch Express	C	CS	Laina
	9:30am	Tabata	C-S	GX	Kim
	9:30am	TRX Stability & Strength	F-S	MB	Alicia
	10:30am	Express Strength & Sculpt (30 min)	S	GX	Kim
	10:30am	Stretch	MB	MB	Kay
	5:30pm	Zumba *	C	GX	Danielle
6:30pm	Mat Pilates	MB	MB	Kim	
6:30pm	H.I.I.T.	C-S	GX	Shelly	
7:30pm	Gentle Yoga	MB	MB	Julie M	
TUESDAY	5:30am	Cycle	C	CS	Stacy
	5:45am	TRX Strength & Cardio	C-S	MB	Alicia
	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	Stretch	MB	MB	Kay
	11:30am	Forever Fit	C-S	GX	Bryce
	5:30pm	Strength & Cycle 30/30	C-S	GX/CS	Andrea
	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	

	Time	Class	Emphasis	Studio	Instructor	
WEDNESDAY	5:45am	Strength and Stretch Intervals	S	GX	Mindy	
	8:00am	Aqua Power	C-S	AQ	Phyllis	
	8:00am	Low-Impact Strength & Cardio	C-S	GX	Susan	
	8:30am	Pilates	MB	MB	Mindy	
	9:00am	Spin and Stretch Express	C-S	CS	Laina	
	9:30am	Cardio Mix	C-S	GX	Kim	
	9:30am	Vinyasa Yoga Flow	MB	MB	Lesley	
	10:30am	Express Strength and Sculpt (30 min)	S	GX	Kim	
	10:30am	Stretch *	MB	MB	Kay	
	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	GX	Mackenzie	
	8:00am	Aqua Power	C-S	AQ	Phyllis	
	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	Anna	
	10:30am	Slow Flow Yoga	MB	MB	Chanin	
	11:00am	Forever Fit	C-S	GX	Bryce	
	5:30pm	Glute X Core	C-S	GX	Andrea	
	5:30pm	Vinyasa Barre	F-S	MB	Michelle	
6:30pm	Aqua Fit	C-S	AQ	Olivia		
FRIDAY	5:45am	Strength & Cycle 30/30	C-S	GX/CS	Sarah	
	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 Strength & Cardio	C-S	MB	Alicia	
	10:30am	High Low	C	GX	Jennifer	
	10:30am	TRX & Deep Stretch	S-F	MB	Alicia	
	1:00pm	T'ai Chi *	MB	GX	Craig	
	SATURDAY	8:30am	Total Conditioning	C-S	GX	Dave
		8:30am	Stretch	F	MB	Kay
9:30am		H.I.I.T.	C-S	GX	Shelly	
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	

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.

