

# 2023 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur

Effective 9/5/2023

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

	Time	Class	Emphasis	Studio	Instructor
<b>SUNDAY</b>	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	Brett
	9:30am	Mat Pilates *	MB	MB	Lynda
	10:30am	Extreme Conditioning	C-S	GX	Maria
	<b>10:30am</b>	<b>Restorative Roll &amp; Recovery</b>	<b>MB</b>	<b>MB</b>	<b>Leigh</b>
	11:30am	Zumba	C	GX	Rocio
	11:30am	Hatha Yoga - Level 1-2 *	MB	MB	Maria
	1:00pm	Power Pilates	MB	MB	Maria
<b>MONDAY</b>	<b>5:45am</b>	<b>Strength &amp; Cycle 30/30</b>	<b>C-S</b>	<b>CS</b>	<b>Sarah</b>
	6:00am	STRONG Nation	C-S	GX	Heather
	6:00am	Hatha Yoga - Level 1-2	MB	MB	Lesley
	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
	<b>9:30am</b>	<b>Standing Abs &amp; Cardio *</b>	<b>C-S</b>	<b>GX</b>	<b>Leigh</b>
	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	T'ai Chi	MB	MB	Judy
	11:00am	Aqua Fit	F	AQ	Stephanie
	11:30am	Gentle Yoga	MB	MB	Steve
	5:30pm	Evening Yoga Flow	MB	MB	Alicia
	<b>5:30pm</b>	<b>High Low</b>	<b>C</b>	<b>GX</b>	<b>Jennifer</b>
	6:15pm	Aqua Power Deep	C-S	AQ	Stephanie
6:30pm	Swing	C	MB	Tal	
6:30pm	Strength & Conditioning	S	GX	Ria	
<b>TUESDAY</b>	6:00am	Body Weight Strength	S	GX	Gyasi
	6:00am	Barre Fusion	C-S	MB	Patty
	8:30am	Mat Pilates	MB	MB	Tanya
	8:30am	Strength and Conditioning *	S	GX	Sarah
	<b>9:00am</b>	<b>Cycle</b>	<b>C</b>	<b>CS</b>	<b>varies</b>
	9:00am	Swim Boot Camp	C-S	AQ	Julie
	9:30am	Cardio 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	T'ai Chi	MB	GX	Judy
	1:00pm	Better Balance	MB	MB	Jo
	5:30pm	Hatha Yoga - Level 1-2 (70 min)	MB	MB	Nivi
	6:00pm	After Work Cycle	C	CS	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

	Time	Class	Emphasis	Studio	Instructor	
<b>WEDNESDAY</b>	<b>5:45am</b>	<b>Cardio &amp; PiYo 30/30</b>	<b>C-S</b>	<b>GX</b>	<b>Sarah</b>	
	6:00am	Express Cycle	C	CS	Patty	
	<b>8:30am</b>	<b>Glue X Core</b>	<b>C-S</b>	<b>MB</b>	<b>Andrea</b>	
	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	McKenzie	
	11:00am	Aqua Fit	F	AQ	Stephanie	
	11:30am	Gentle Yoga (75 min)	MB	MB	<b>Michelle</b>	
	11:30am	T'ai Chi	MB	GX	Judy	
	5:30pm	Hatha Yoga - Level 2-3	MB	MB	Monica	
	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		
<b>7:30pm</b>	<b>Strength and Conditioning *</b>	<b>S</b>	<b>MB</b>	<b>Ryan</b>		
<b>THURSDAY</b>	6:00am	H.I.I.T.	C	GX	Patty	
	6:00am	Hatha Yoga - Level 2-3	MB	MB	Lesley	
	<b>8:00am</b>	<b>Strength and Conditioning</b>	<b>S</b>	<b>GX</b>	<b>Lisa</b>	
	8:30am	Barre & Stretch (70 min)	C-S	MB	John	
	9:00am	Cardio Mix	C-S	GX	Kim	
	10:00am	Express Strength (30 min)	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	
	2:00pm	Aqua T'ai Chi	C-S	AQ	Stephanie	
	<b>4:00pm</b>	<b>Yoga for Cancer</b>	<b>MB</b>	<b>MB</b>	<b>Stacia</b>	
	5:30pm	R.I.P.E.D. *	C-S	GX	Clara	
	5:30pm	Belly Dance	C	MB	Lindsay	
	6:00pm	After Work Cycle	C	CS	James	
<b>6:30pm</b>	<b>Gentle Yoga</b>	<b>MB</b>	<b>MB</b>	<b>Julie</b>		
<b>FRIDAY</b>	<b>5:45am</b>	<b>Strength &amp; Cycle 30/30</b>	<b>C-S</b>	<b>GX/CS</b>	<b>Ria</b>	
	6:00am	Hatha Yoga - Level 1-2	MB	MB	Maria	
	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	Cardio Sculpt & Stretch *	C-S	GX	Leigh	
	9:30am	Stretch and Roll	F	MB	John	
	<b>9:30am</b>	<b>Power Hour Cycle</b>	<b>C</b>	<b>CS</b>	<b>Lisa</b>	
	10:30am	Stretch *	MB	MB	Kay	
	10:30am	Forever Fit	C-S	GX	Cathleen	
	11:00am	Aqua Fit	C-S	AQ	Stephanie	
	11:30am	Hatha Yoga - Level 2-3	MB	MB	Lynda	
	6:00pm	Cycle	C	CS	John	
	<b>SATURDAY</b>	<b>7:30am</b>	<b>RIP Strength</b>	<b>S</b>	<b>GX</b>	<b>Sarah</b>
		8:15am	Swim Boot Camp	C-S	AQ	Julie
8:30am		P90-X *	C-S	GX	Ashley	
8:30am		Barre Fusion	C-S	MB	Patty	
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		Cardio Dance	C	GX	Heather	
1:00pm		Hatha Yoga - Level 1-2 (90 min) *	MB	MB	Maria	
1:00pm		Zumba	C	GX	Eileen	

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

## 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 The Hamsa Wellness Community. The class addresses the specific physical and emotional needs left by cancer and its treatments.**

Questions?

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