

2023 FALL SENIOR-FRIENDLY OPTIONS

Effective 9/5/2023

	Time	Class	Emphasis	Studio	Instructor
SUN.	9:00am	Core & Cardio Intervals	C-S	GX	Susan
	10:30am	Insight Yoga	MB	MB	Elise
MONDAY	8:00am	Mat Pilates	MB	MB	Mindy
	8:15am	Cycle 40/20	C-S	CS/MB	Barb
	9:15am	Spin and Stretch Express	C-F	CS	Laina
	9:30am	TRX Stability & Strength	C-S	MB	Alicia
	10:30am	Stretch	MB	MB	Kay
	5:30pm	Zumba	C	GX	Danielle
	6:30pm	Mat Pilates	MB	MB	Kimberly
	7:30pm	Gentle Yoga	MB	MB	Julie
TUESDAY	8:00am	Core Fusion	MB	MB	Barb
	8:30am	Cardio Pump	C-S	GX	Susan
	9:00am	Physique Fusion	MB	MB	Laina
	10:30am	Stretch	MB	MB	Kay
	11:30am	Forever Fit	S	GX	Bryce
	6:00pm	Hatha Yoga - Level 1-2	MB	MB	Brenda
	6:30pm	Circuit Training	C-S	GX	Clara

Emph. C: Cardio C-S: Cardio & Strength MB: Mind/Body
 F: Flexibility F-S: Flexibility & Strength S: Strength



Questions?

Sarah Amonson, 314.442.3210, samonson@jccstl.org



	Time	Class	Emphasis	Studio	Instructor
WEDNESDAY	8:00am	Low Impact Strength & Cardio	C-S	GX	Susan
	8:30am	Pilates	MB	MB	Mindy
	9:00am	Express Cycle	C	CS	Laina
	9:30am	Vinyasa Yoga Flow	MB	MB	Lesley
	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	8:30am	Cardio Pump	C-S	GX	Susan
	9:00am	Physique Fusion	MB	MB	Laina
	10:30am	Slow Flow Yoga	MB	MB	Chanin
	11:00am	Forever Fit	S	GX	Bryce
	5:30pm	Vinyasa Barre	C-S	MB	Michelle
FRIDAY	8:30am	Yin Yoga	MB	MB	Chanin
	9:00am	Spin and Stretch	C-F	CS	Laina
	9:30am	Turbo Kick	C	GX	Clara
	9:30am	TRX Strength & Cardio	C-S	MB	Alicia
	10:30am	TRX & Deep Stretch	S-F	MB	Alicia
	10:30am	High Low	C	GX	Jennifer
	1:00pm	Tai Chi	MB	GX	Craig
SAT.	8:30am	Stretch	MB	MB	Kay
	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.
- 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.