

# 2023 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

## Virtual Classes

Effective 9/5/2023

	Time	Class	Emphasis	Instructor
SUN.	8:00am	Total Conditioning *	C-S	Clara
	9:30am	Mat Pilates *	MB	Lynda
	11:30am	Hatha Yoga - Level 1-2 *	MB	Maria
MON.	<b>9:30am</b>	<b>Standing Abs &amp; Cardio *</b>	<b>C-S</b>	<b>Leigh</b>
	5:30pm	Zumba *	C	Danielle
TUES.	8:30am	Strength & Conditioning *	S	Lisa
	6:30pm	Zumba *	C	Mary
	6:30pm	Circuit Training *	C-S	Clara
WEDNESDAY	6:00am	Core Circuit Training *	C-S	Sarah
	9:30am	Turbo Kick *	C	Clara
	10:00am	T'ai Chi	MB	Craig
	10:30am	Stretch *	F	Kay
	5:30pm	Zumba *	C	Danielle
	6:30pm	Strength & Conditioning *	S	Ryan

	Time	Class	Emphasis	Instructor
THU.	5:30pm	R.I.P.P.E.D. *	C-S	Clara
FRIDAY	9:30am	Cardio Sculpt & Stretch *	C-S	Leigh
	11:30am	Stretch *	MB	Kay
	<b>11:30am</b>	<b>Yoga for Cancer</b>	<b>MB</b>	<b>Emily</b>
	1:00pm	T'ai Chi *	MB	Craig
SATURDAY	8:30am	P90X *	C-S	Ashley
	9:30am	Turbo Kick *	C	Clara
	9:30am	Hatha Yoga - Level 2-3 (90 min) *	MB	Maria
	1:00pm	Hatha Yoga - Level 1-2 (90 min) *	MB	Maria

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

### Notes

- \* Livestream of an in-person class.
- Classes can be found in the J's App or Virtual J within [community.jccstl.org](http://community.jccstl.org).
- Classes start on time. Rooms open 5-10 minutes before class time.
- If you encounter technical difficulties please call 314.432.5700.
- Schedule is subject to change.
- Red indicates a new class, or a time or instructor 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?

Sarah Amonson, 314.442.3210, [samonson@jccstl.org](mailto:samonson@jccstl.org)

