

2023 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur

Updated 11/1/2023

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	Brett
	9:30am	Mat Pilates *	MB	MB	Lynda
	10:30am	Extreme Conditioning	C-S	GX	Maria
	10:30am	Restorative Roll & Recovery	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	5:45am	Strength & Cycle 30/30	C-S	CS	Sarah
	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
	9:30am	Standing Abs & Cardio *	C-S	GX	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	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
	5:30pm	High Low	C	GX	Jennifer
6:15pm	Aqua Power Deep	C-S	AQ	Stephanie	
6:30pm	Swing	C	MB	Tal	
6:30pm	Strength & Conditioning	S	GX	Ria	
TUESDAY	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
	9:00am	Cycle	C	CS	varies
	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

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	Cardio & PiYo 30/30	C-S	GX	Sarah
	6:00am	Express Cycle	C	CS	Patty
	8:30am	Glue X Core	C-S	MB	Andrea
	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
	11:00am	Aqua Fit	F	AQ	Stephanie
	11:30am	Gentle Yoga (75 min)	MB	MB	Michelle
	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
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	Lisa
	8:30am	Barre & Stretch (70 min)	C-S	MB	John
	9:30am	High Fitness	C	GX	Karalee
	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
	4:00pm	Yoga for Cancer	MB	MB	Stacia
5:30pm	R.I.P.P.E.D. *	C-S	GX	Clara	
5:30pm	Belly Dance	C	MB	Lindsay	
6:00pm	After Work Cycle	C	CS	James	
6:30pm	Gentle Yoga	MB	MB	Julie	
FRIDAY	5:45am	Strength & Cycle 30/30	C-S	GX/CS	Ria
	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
	9:30am	Power Hour Cycle	C	CS	Lisa
	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	
SATURDAY	7:30am	RIP Strength	S	GX	Sarah
	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	

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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