

2024 WINTER-SPRING FITNESS & AQUATICS GROUP EX SCHEDULE

Marilyn Fox Building - Chesterfield

Updated 3/1/2024

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

	Time	Class	Emphasis	Studio	Instructor
SUNDAY	8:30am	Functional Yin Yoga and Deep Stretch	MB	MB	Jason
	9am	Core and Cardio Intervals	C-S	GX	Susan
	9:30am	Vinyasa Flow	MB	MB	Jason
	10:30am	Insight Yoga	MB	MB	Elise
	10:30am	High Low	C	GX	Jennifer
MONDAY	5:45am	TRX Strength & Cardio	C-S	MB	Andrea
	5:45am	Insanity	C	GX	Mindy
	8am	Mat Pilates	MB	MB	Mindy
	8:15am	Cycle 40/20	C	CS	Barb
	9am	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
	12pm	Forever Fit	C-S	GX	Bryce
	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
	8am	Core Fusion	MB	MB	Barb
	8:30am	Cardio Pump	C-S	GX	Susan
	9am	Physique Fusion	MB	MB	Laina
	9am	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	Cycle	C	CS	Michelle
6pm	Hatha Yoga - Level 1-2	MB	MB	Brenda	
6:30pm	Circuit Training	C-S	GX	Clara	
6:30pm	Aqua Fit	C-S	AQ	Olivia	

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	

	Time	Class	Emphasis	Studio	Instructor
WEDNESDAY	5:45am	Strength and Stretch Intervals	S	GX	Mindy
	8am	Aqua Power	C-S	AQ	Phillip
	8am	Low-Impact Strength & Cardio	C-S	GX	Susan
	8am	Pilates	MB	MB	Mindy
	9am	Spin and Stretch Express	C-S	CS	Laina
	9am	Vinyasa Yoga Flow	MB	MB	Lesley
	9:30am	Cardio Mix	C-S	GX	Kim
	10:30am	Stretch & Strength	F-S	GX	Alicia
	10am	Stretch	MB	MB	Kay
	11am	Stretch	MB	MB	Kay
THURSDAY	5:30pm	Zumba	C	GX	Danielle
	5:30pm	TRX Strength & Cardio	C-S	MB	Alicia
	6:30pm	Yin Yoga	MB	MB	Chanin
	6:30pm	Strength & Conditioning	S	GX	Jennifer
	5:45am	H.I.I.T.	C-S	GX	Kahra
	7:30am	HIGH Fitness	C	GX	Mackenzie
	8am	Aqua Power	C-S	AQ	Phyllis
	8:30am	Cardio Pump	C-S	GX	Susan
	9am	Physique Fusion	MB	MB	Laina
	9am	Aqua Flow	C-S	AQ	Nancee
FRIDAY	9:30am	Interval Power Hour	S	GX	Anna
	10:30am	Slow Flow Yoga	MB	MB	Chanin
	11am	Forever Fit	C-S	GX	Bryce
	5:30pm	Vinyasa Barre	F-S	MB	Michelle
	6:30pm	Aqua Fit	C-S	AQ	Oliva
	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
	9am	Spin and Stretch (70 min)	C	CS	Laina
	9:30am	Turbo Kick	C	GX	Clara
SATURDAY	9:30am	TRX Strength & Cardio	C-S	MB	Alicia
	10:30am	TRX & Deep Stretch	S-F	MB	Alicia
	11:30am	Hatha Yoga - Level 1-2	MB	MB	Jason
	1pm	T'ai Chi	MB	GX	Craig
	8:30am	Total Conditioning	C-S	GX	Dave
	8:30am	Stretch	F	MB	Kay
9:30am	H.I.I.T.	C-S	GX	Shelly	
10am	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.
 - 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.

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

Fitness Floor Orientations are held every Wednesday and Saturday at 1pm. Register on the app or website.



Marilyn Fox Building - Group Ex Class Descriptions

Cardio Mix: A fun and challenging class designed for all fitness levels. Formats may include H.I.I.T., Tabata as well as high-low and step. Cardiovascular, strength and core will all be incorporated for a well-rounded, full-body workout.

Cardio Pump: A low-intensity aerobic class combining strength and endurance, joint stability and mobility, balance and flexibility.

Circuit Training: This well-rounded workout utilizes fitness equipment in circuits.

Core & Cardio Intervals: This class focuses on cardiovascular exercise that may include, high-low impact aerobics, H.I.I.T. or Tabata, combined with various core-strengthening exercises.

Core Fusion: Strengthen, stabilize and tone your core with traditional exercises as well as Pilates-based exercises.

Cycle: You will experience an aerobic exercise on a stationary bike while an instructor motivates you through visualization with motivational music.

Cycle 40/20: Spend 40 minutes of upbeat, high-energy cycling followed by 20 minutes of stabilizing the core using lengthening exercises, strength training, stretching and balancing moves.

Forever Fit: A low-intensity aerobics class offering a great cardiovascular workout. It combines strength, endurance, joint stability, balance and flexibility.

H.I.I.T.: High Intensity Interval Training combines cardio and strength training in a format of quick, intense bursts of exercise, followed by short recovery periods.

HIGH Fitness: This simple, intense, consistent, inclusive and fun class takes old-school aerobics to the next level with modern fitness techniques such as H.I.I.T. training, plyometrics, intervals of strength and cardio, and more.

Insanity: An intense workout that combines cardio and building muscle.

Interval Power Hour: Train your strength, agility, balance and core through this workout utilizing a variety of equipment that will keep your muscles guessing and adapting to meet new challenges. High to low impact options provided.

Low-Impact Strength & Cardio: Low impact cardio and strength exercises with periods of rest using a variety of fitness equipment. This class is for all fitness levels and will keep your body guessing.

Physique Fusion: Strengthen and tone while lengthening the muscles with intervals of stretching. Light weights, floor work, ballet barre are all used to push your muscles to exhaustion.

Pilates: A progressive series of exercises, based on the methods of Joseph Pilates, designed to increase the strength of your body's core (abdominals, back, glutes and hips) while lengthen the muscles. Also **Mat Pilates**.

Spin & Stretch: You will experience an aerobic exercise on a stationary bike while an instructor motivates you through visualization with motivational music. 45-minutes on the bike followed by 15-minutes of deep stretching off the bike.

Strength & Cycle 30/30: Begins with strength training followed by cardio drills on a cycle bike. All levels welcome. A five-minute break is provided to transition from barbell to bike.

Strength & Sculpt: This class provides the energy to get through the rest of the day and increases your strength and endurance.

Strength & Stretch: Increase your mobility and flexibility while strengthening your core. Dynamic and static joint mobility techniques combined with body weight and dumbbell strength training will help you to achieve a strong core and improved movement. Class is appropriate for all levels.

Stretch: Stretch all major muscle groups to improve overall flexibility and enhance your range of movement.

T'ai Chi: This graceful form of exercise involves a series of movements performed in a slow, focused manner, and is accompanied by deep breathing. Suitable for all ages and fitness levels.

Tabata: An intense interval training class that follows a specific timed format (20 seconds on, 10 seconds off).

Total Conditioning: This class combines anaerobic activity with plyometric and callisthenic drills to offer a challenging option in your cardio routine.

TRX & Deep Stretch: TRX is a form of suspension training that uses gravity and your own body weight to build strength and muscle endurance. It will also increase your balance, flexibility and core stability. TRX straps also can be used to assist in deeper stretching.

TRX Stability & Strength: This class takes a 360-degree approach to movement, using TRX straps to stabilize and challenge participants. Movements are targeted on developing strength, balance, spatial awareness, quality of movement, range of motion, flexibility and mobility. Senior-targeted, suitable for all experience and fitness levels.

TRX Strength & Cardio: This class will focus on strength and cardiovascular exercises to get a very unique total body workout.

Turbo Kick: An energizing kickboxing interval class. Cardio that uses intensity drills and increased energy sprints followed by work recovery segments.

Vinyasa Barre: An energetic, fun workout that fuses fitness techniques from Dance, Pilates and Yoga to tone, define and chisel the whole body. It combines strength and flexibility with added cardio to burn fat fast.

Zumba: A fusion of Latin and International music; featuring aerobic/fitness interval training with fast and slow rhythms that tone and sculpt the body.

Yoga Classes

Choose a suitable level for your yoga skills as you start your practice or further your abilities. Yoga builds strength, boosts flexibility and increases balance through breathing techniques and postures.

Gentle Yoga: A yoga class gentle enough to attend every day; ideal for students just beginning their practice.

Hatha Yoga, Level 1-2: A beginner to intermediate class which introduces additional basic postures with some longer durations. You'll focus on proper breathing and movements and should leave class feeling longer, looser, and more relaxed.

Insight Yoga: Insight yoga is a blend of different yoga techniques and practices; breath, passive, active, alignment, flow and stillness, power and gentle yoga. All parts woven together to offer participants unique mind body balance, serenity and grace.

Slow Flow Yoga: Designed to help cultivate a sense of mindfulness and relaxation through a series of gentle movements and breathing exercises. Move slowly and mindfully from one pose to another, focusing on breath and connecting with ones body. Both standing and seated postures and can be adapted to different experience levels.

Vinyasa Yoga Flow: This class combines the best of both Pilates (progressive and targeted core strengthening exercises) with Yoga. Strengthen your core and enjoy the benefits of stretching all in one class.

Yin Yoga: This class is suitable for all levels and focuses on a meditative and slow practice designed to develop your capacity to breathe through long-held poses. These poses, mostly done on the floor, are held up to several minutes while you observe your natural responses to discomfort.

Yoga Flow: This is a fun and energetic flow designed to increase flexibility for all levels. Explore yoga practice in new ways while letting go of anything which no longer serves you.

Aquatic Classes

Aqua Fit: Moderate-impact, water-specific exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment.

Aqua Flow: Exercise with the aid of the water's buoyancy and resistance can help improve joint flexibility. Good choice for those participants with arthritis, rehabbing or new to aqua fitness.

Aqua Power: Exercise with the aid of the water's buoyancy and resistance can help improve joint flexibility. Good choice for those participants with arthritis, rehabbing or new to aqua fitness.

Wet Sweat: A cardio workout involving challenging intervals in aerobics/ along with weight sculpting and calisthenics. This class is fun and energizing; a combination of water cardio for all levels.