

# 2024 WINTER-SPRING FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur

Updated 3/1/2024

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

	Time	Class	Emphasis	Studio	Instructor
<b>SUNDAY</b>	8am	Total Conditioning	C-S	GX	Clara
	8:15am	Insanity	C	MB	Ashley
	9am	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
1pm	Power Pilates	MB	MB	Maria	
<b>MONDAY</b>	5:45am	Strength & Cycle 30/30	C-S	CS	Sarah
	<b>8am</b>	<b>Spin and Stretch (70 min)</b>	<b>C-F</b>	<b>CS</b>	<b>Sarah</b>
	<b>8:15am</b>	PIYo	C-S	MB	Jill
	8:30am	Zumba	C	GX	Gaby
	9am	Aqua Flow	C-S	AQ	Julie
	9am	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
	11am	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	
<b>TUESDAY</b>	6am	Body Weight Strength	S	GX	Gyasi
	6am	Barre Fusion	C-S	MB	Patty
	8:30am	Mat Pilates	MB	MB	<b>Maria S</b>
	8:30am	Strength and Conditioning	S	GX	Sarah
	9am	Swim Boot Camp	C-S	AQ	Julie
	9am	Circuit Training	C-S	GX	Clara
	9:30am	Cardio Barre Fusion	C-S	MB	Leigh
	10:30am	Gentle Pilates	MB	MB	Stacia
	10:30am	Forever Fit	C-S	GX	Cathleen
	11am	Aqua Fit	C-S	AQ	Stephanie
	11:30am	T'ai Chi	MB	GX	Judy
	11:30am	Gentle Yoga	MB	MB	Stacia
	5:30pm	Hatha Yoga - Level 1-2 (70 min)	MB	MB	Nivi
	<b>6:15pm</b>	After Work Cycle	C	CS	<b>Ria</b>
6:30pm	Zumba	C	GX	Mary	
7pm	Tango 101	MB	MB	Jo & Tal	
8pm	Tango 102	MB	GX	Jo & Tal	

	Time	Class	Emphasis	Studio	Instructor
<b>WEDNESDAY</b>	6am	Express Cycle	C	CS	Patty
	8:30am	Glue X Core	C-S	MB	Andrea
	8:30am	Zumba	C	GX	Gaby
	9am	Low Impact Circuit Training	C-S	FIT	Joe
	9am	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
	11am	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	<b>Jason</b>
	5:30pm	Zumba	C	GX	Heather
	6:15pm	Aqua Power Deep	C-S	AQ	Stephanie
	6:30pm	STRONG Nation	C-S	GX	Katie
<b>THURSDAY</b>	6am	H.I.I.T.	C	GX	Patty
	6am	Hatha Yoga - Level 2-3	MB	MB	Lesley
	8:30am	Strength and Conditioning	S	GX	Lisa
	<b>8:30am</b>	<b>Stretch &amp; Roll</b>	<b>MB</b>	<b>MB</b>	<b>Maria S</b>
	9:30am	High Fitness	C	GX	Karalee
	<b>9:30am</b>	<b>Pilates</b>	<b>MB</b>	<b>MB</b>	<b>Lynda</b>
	<b>9:30am</b>	<b>Cycle</b>	<b>C</b>	<b>CS</b>	<b>Laurie</b>
	10am	Express Strength (30 min)	S	GX	Kim
	10:30am	Forever Fit	C-S	GX	Leigh
	11am	Aqua Fit	C-S	AQ	Stephanie
	11:30am	Hatha Yoga - Level 2-3	MB	GX	Lesley
	11:30am	Gentle Yoga	MB	MB	Stacia
	1pm	Better Balance	MB	MB	Jo
	2pm	Aqua T'ai Chi	C-S	AQ	Stephanie
	<b>4pm</b>	<b>Yoga for Cancer</b>	<b>MB</b>	<b>MB</b>	<b>Stacia</b>
	5:30pm	R.I.P.P.E.D.	C-S	GX	Clara
6:30pm	Gentle Yoga	MB	MB	Julie	
<b>FRIDAY</b>	5:45am	Strength & Cycle 30/30	C-S	GX/CS	Ria
	6am	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
	9am	Aqua Fit	C-S	AQ	Julie
	9:30am	Cardio Sculpt & Stretch	C-S	GX	Leigh
	9:30am	Stretch and Roll	F	MB	<b>Lynda</b>
	9:30am	Power Hour Cycle	C	CS	Lisa
	10:30am	Stretch	MB	MB	Kay
	10:30am	Forever Fit	C-S	GX	Cathleen
	11am	Aqua Fit	C-S	AQ	Stephanie
11:30am	Hatha Yoga - Level 2-3	MB	MB	Lynda	
<b>SATURDAY</b>	7:30am	RIP Strength	S	GX	<b>Lauren</b>
	8:15am	Swim Boot Camp	C-S	AQ	Julie
	<b>8:15am</b>	<b>Barre Fusion</b>	C-S	MB	Patty
	8:30am	P90-X	C-S	GX	Ashley
	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
	1pm	Hatha Yoga - Level 1-2 (90 min)	MB	MB	Maria
	1pm	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

Fitness Floor Orientations are held every Tuesday at 5:30pm and Saturday at 2:30pm. Register on the app or website.

## 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?

Sarah Amonson, 314.442.3210, samonson@jccstl.org

