

# 2024 WINTER-SPRING SENIOR-FRIENDLY OPTIONS

Updated 3/1/2024

	Time	Class	Emphasis	Studio	Instructor
<b>SUNDAY</b>	8:30am	Functional Yin Yoga & Deep Stretch	MB	MB	Jason
	9am	Core & Cardio Intervals	C-S	GX	Susan
	10:30am	Insight Yoga	MB	MB	Elise
	10:30am	High Low	C	GX	Jennifer
<b>MONDAY</b>	8am	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
	12pm	Forever Fit	C-S	GX	Bryce
	5:30pm	Zumba	C	GX	Danielle
	6:30pm	Mat Pilates	MB	MB	Kimberly
7:30pm	Gentle Yoga	MB	MB	Julie	
<b>TUESDAY</b>	8am	Core Fusion	MB	MB	Barb
	8:30am	Cardio Pump	C-S	GX	Susan
	9am	Physique Fusion	MB	MB	Laina
	10:30am	Stretch	MB	MB	Kay
	11:30am	Forever Fit	S	GX	Bryce
	6pm	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?

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