

2024 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Marilyn Fox Building - Chesterfield

Updated September 20

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

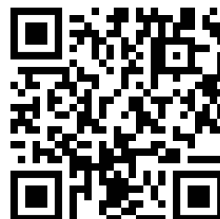
	Time	Class	Emphasis	Studio	Instructor		Time	Class	Emphasis	Studio	Instructor
SUNDAY	7:15am	Functional Yin Yoga & Deep Stretch	MB	CR	Jason	THURSDAY	5:45am	H.I.I.T.	C-S	GX	Kahra
	8:20am	Functional Yin Yoga & Deep Stretch	MB	CR	Jason		7:30am	HIGH Fitness	C	GX	Mackenzie
	9am	Core and Cardio Intervals	C-S	GX	Susan		8am	Aqua Power	C-S	AQ	Phyllis
	9:30am	Vinyasa Flow	MB	CR	Jason		8:30am	Cardio Pump	C-S	GX	Susan
	10am	Strength Express (30 min)	S	GX	Jennifer		9am	Physique Fusion	MB	CR	Laina
	10:30am	Insight Yoga	MB	CR	Elise		9am	Aqua Flow	C-S	AQ	Nancee
10:30am	High Fitness	C	GX	Jennifer	9:30am		Interval Power Hour	S	GX	Anna	
MONDAY	5:40am	Insanity	C	GX	Mindy		10am	Mobility Express (30 min)	MB	GX	Anna
	8am	Mat Pilates	MB	CR	Mindy		10:30am	Slow Flow Yoga	MB	CR	Chanin
	8am	Mobility Express (30 min)	MB	GX	Sarah		11am	Forever Fit	C-S	GX	Bryce
	8:15am	Cycle 40/20	C	CS	Barb		11:30am	Mat Pilates	MB	CR	Mindy
	8:30am	Strength and Conditioning	S	GX	Sarah		5:30pm	Barre Fusion	F-S	GX	Michelle
	9am	Wet Sweat	C-S	AQ	Marty		6pm	Cycle	C	CS	Davy
	9:15am	Spin and Stretch Express (45 min)	C	CS	Laina		6pm	Stretch and Stroll	C-S	ENT	Maxine
	9:30am	Tabata	C-S	GX	Kim		6:15pm	Power Yoga	MB	CR	Jason
	9:30am	TRX Stability & Strength	F-S	CR	Alicia		6:30pm	Aqua Fit	C-S	AQ	Oliva
	10:30am	Express Strength & Sculpt (30 min)	S	GX	Kim		7:15pm	Family Yoga (age 8 years +)	MB	CR	Jason G.
	10:30am	Stretch	MB	CR	Kay		FRIDAY	5:45am	Circuit Training	C-S	GX
	12pm	Forever Fit	C-S	GX	Bryce	8:30am		Total Conditioning	C-S	GX	Shelly
	5:30pm	Zumba	C	GX	Danielle	8:30am		Yin Yoga	MB	CR	Chanin
	6:30pm	Strength and Conditioning	S	GX	Lisa	9am		Spin and Stretch (70 min)	C	CS	Laina
6:30pm	Mat Pilates	MB	CR	Kim	9:30am	Turbo Kick		C	GX	Clara	
7:30pm	Gentle Yoga	MB	CR	Maria S.	9:30am	Outdoor Bootcamp		C-S	CR	Alicia	
TUESDAY	5:30am	Cycle	C	CS	Stacy	10:30am		TRX & Deep Stretch	S-F	CR	Alicia
	8am	Core Fusion	MB	CR	Barb	11:30am		Hatha Yoga - Level 1-2	MB	CR	Jason
	8:30am	Cardio Pump	C-S	GX	Susan	1pm		T'ai Chi	MB	GX	Craig
	9am	Physique Fusion	MB	CR	Laina	6pm		Zumba	C	GX	Gaby
	9am	Aqua Flow	C-S	AQ	Nancee	SATURDAY	8:30am	Total Conditioning	C-S	GX	Dave
	9:30am	Interval Power Hour	S	GX	Shelly		8:30am	Stretch	F	CR	Kay
	10:30am	Stretch	MB	CR	Kay		9:30am	H.I.I.T.	C-S	GX	Shelly
	11:30am	Forever Fit	C-S	GX	Bryce		10am	Weekend Yoga Flow	MB	CR	Michelle
	11:30am	Chair Yoga *starts Oct 1	MB	CR	Alicia		10:30am	Zumba	C	GX	Danielle
	5:30pm	Zumba	C	GX	Bryn		Emph.	C: Cardio	C-S: Cardio & Strength	MB: Mind & Body	
6:15pm	Hatha Yoga - Level 1-2	MB	CR	Brenda	F: Flexibility	F-S: Flexibility & Strength		S: Strength			
6:30pm	Circuit Training	C-S	GX	Clara	Studio	GX: Group Ex Studio	CS: Cycle Studio	AQ: Indoor Pool			
6:30pm	Aqua Fit	C-S	AQ	Olivia		MB: Mind/Body Studio	ENT: Building Entrance	CR: Community Room (upstairs)			
WEDNESDAY	5:40am	Strength and Stretch Intervals	S	GX	Mindy	Notes	• Spots must be reserved online. Reservations may be made 48 hours in advance.				
	8am	Aqua Power	C-S	AQ	Phillip		• Classes start on time. Late arrivals are not permitted after 10 minutes.				
	8am	Low-Impact Strength & Cardio	C-S	GX	Susan		• Classes are 55 minutes unless otherwise noted.				
	8am	Pilates	MB	CR	Mindy		• Members have a five-minute grace period, after which we may fill open spaces.				
	9am	Spin and Stretch Express (45 min)	C-S	CS	Laina		• Classes have capacity limits: GX = 25; MB = 15; Cycle = 15.				
	9am	Vinyasa Yoga Flow	MB	CR	Lesley		• Reservations should be cancelled 12 hours in advance.				
	9:30am	Cardio Mix	C-S	GX	Kim		• If you "no-show" multiple times, your ability to reserve a spot may be restricted.				
	10am	Stretch	MB	CR	Kay		• Participants need to bring their own water bottle.				
	10:30am	Stretch & Strength	F-S	GX	Alicia		• Schedule is subject to change.				
	11am	Stretch	MB	CR	Kay						
	4:45pm	Teen Boot Camp (45 min)	C-S	GX	Alicia						
	5:30pm	Zumba	C	GX	Danielle						
	5:30pm	TRX Strength & Cardio	C-S	CR	Alicia						
6:30pm	Yin Yoga	MB	CR	Chanin							
6:30pm	Strength & Conditioning	S	GX	Jennifer							

Stay up to date with the Fitness schedule!

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

Questions?

Sarah Amonson, 314.442.3210, samonson@jccstl.org



View the latest schedule



Group Ex at the J on Facebook



Download the J App