

2024 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Marilyn Fox Building - Chesterfield

Effective September 3

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

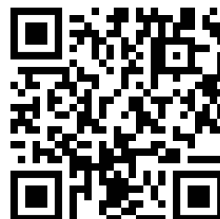
	Time	Class	Emphasis	Studio	Instructor		Time	Class	Emphasis	Studio	Instructor	
SUNDAY	7:15am	Functional Yin Yoga & Deep Stretch	MB	MB	Jason	THURSDAY	5:45am	H.I.I.T.	C-S	GX	Kahra	
	8:20am	Functional Yin Yoga & Deep Stretch	MB	MB	Jason		7:30am	HIGH Fitness	C	GX	Mackenzie	
	9am	Core and Cardio Intervals	C-S	GX	Susan		8am	Aqua Power	C-S	AQ	Phyllis	
	9:30am	Vinyasa Flow	MB	MB	Jason		8:30am	Cardio Pump	C-S	GX	Susan	
	10am	Strength Express (30 min)	S	GX	Jennifer		9am	Physique Fusion	MB	MB	Laina	
	10:30am	Insight Yoga	MB	MB	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	<i>*starts Sept 19</i>	
	8am	Mat Pilates	MB	MB	Mindy	10:30am	Slow Flow Yoga	MB	MB	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	MB	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	MB	Jason		
	9:30am	TRX Stability & Strength	F-S	MB	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	MB	Jason G.		
	10:30am	Stretch	MB	MB	Kay	FRIDAY	5:45am	Circuit Training	C-S	GX	Alicia	
	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	MB	Chanin	
	6:30pm	Strength and Conditioning	S	GX	Lisa		9am	Spin and Stretch (70 min)	C	CS	Laina	
6:30pm	Mat Pilates	MB	MB	Kim	9:30am		Turbo Kick	C	GX	Clara		
7:30pm	Gentle Yoga	MB	MB	Maria S.	9:30am		Outdoor Bootcamp	C-S	MB	Alicia		
TUESDAY	5:30am	Cycle	C	CS	Stacy	10:30am	TRX & Deep Stretch	S-F	MB	Alicia		
	8am	Core Fusion	MB	MB	Barb	11:30am	Hatha Yoga - Level 1-2	MB	MB	Jason		
	8:30am	Cardio Pump	C-S	GX	Susan	1pm	T'ai Chi	MB	GX	Craig		
	9am	Physique Fusion	MB	MB	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	MB	Kay	
	10:30am	Stretch	MB	MB	Kay		9:30am	H.I.I.T.	C-S	GX	Shelly	
	11:30am	Forever Fit	C-S	GX	Bryce		10am	Weekend Yoga Flow	MB	MB	Michelle	
	11:30am	Chair Yoga *starts Oct 1	MB	CR	Alicia		10:30am	Zumba	C	GX	Danielle	
	5:30pm	Zumba	C	GX	Bryn							
6pm	Hatha Yoga - Level 1-2	MB	MB	Brenda	Emph.	C: Cardio	C-S: Cardio & Strength	MB: Mind & Body				
6:30pm	Circuit Training	C-S	GX	Clara		F: Flexibility	F-S: Flexibility & Strength	S: Strength				
6:30pm	Aqua Fit	C-S	AQ	Olivia	Studio	GX: Group Ex Studio	CS: Cycle Studio	AQ: Indoor Pool				
WEDNESDAY	5:40am	Strength and Stretch Intervals	S	GX	Mindy		MB: Mind/Body Studio	ENT: Building Entrance	CR: Community Room (upstairs)			
	8am	Aqua Power	C-S	AQ	Phillip	Notes						
	8am	Low-Impact Strength & Cardio	C-S	GX	Susan		• Spots must be reserved online. Reservations may be made 48 hours in advance.					
	8am	Pilates	MB	MB	Mindy		• Classes start on time. Late arrivals are not permitted after 10 minutes.					
	9am	Spin and Stretch Express (45 min)	C-S	CS	Laina		• Classes are 55 minutes unless otherwise noted.					
	9am	Vinyasa Yoga Flow	MB	MB	Lesley		• Members have a five-minute grace period, after which we may fill open spaces.					
	9:30am	Cardio Mix	C-S	GX	Kim		• Classes have capacity limits: GX = 25; MB = 15; Cycle = 15.					
	10am	Stretch	MB	MB	Kay		• Reservations should be cancelled 12 hours in advance.					
	10:30am	Stretch & Strength	F-S	GX	Alicia		• If you "no-show" multiple times, your ability to reserve a spot may be restricted.					
	11am	Stretch	MB	MB	Kay		• Participants need to bring their own water bottle.					
	4:45pm	Teen Boot Camp (45 min)	C-S	GX	Alicia		• Schedule is subject to change.					
	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								

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