2024 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur

Updated September 20

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

SUNDAY

Time	Class	Emphasis	Studio	Instructor
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

MONDAY

Time	Class	Emphasis	Studio	Instructor
5:45am	Strength & Cycle 30/30	C-S	CS	Ria
7:15am	Spin, Strength, and Stretch (70 min)	C-F	CS	Ria
8:15am	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	MB	Leigh
9:30am	High Low	C	GX	Karalee
9:30am	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	Strength & Conditioning	S	GX	Ria
6:30pm	**Swing**	**C**	**MB**	**Tal**
7:30pm	**Dance Fitness Kids (ages 12 years +)**	**C**	**GX**	**Ria**

TUESDAY

Time	Class	Emphasis	Studio	Instructor
6am	Body Weight Strength	S	GX	Gyasi
6am	**Express Cycle (45 min)**	**C**	**CS**	**Patty**
8am	Mobility Express (30 min)	F-S	GX	Sarah
8:30am	Mat Pilates	MB	MB	Maria S
8:30am	Strength and Conditioning	S	GX	Sarah
9am	Swim Boot Camp	C-S	AQ	Julie
9:30am	Circuit Training	C-S	GX	Clara
9:30am	Cardio Barre Fusion	C-S	MB	Leigh
10:30am	Forever Fit	C-S	GX	Cathleen
10:30am	Gentle Pilates	MB	MB	Stacia
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
6:15pm	**After Work Cycle**	**C**	**CS**	**Ria**
6:30pm	Zumba	C	GX	Mary
7pm	**Tango 101**	**C**	**C**	**Jo & Tal**
7:15pm	**Generation Pound (ages 6-12 years)**	**C-S**	**CS**	**Ria**
8pm	**Tango 102**	**C**	**GX**	**Jo & Tal**

WEDNESDAY

Time	Class	Emphasis	Studio	Instructor
6am	**Kettlebells**	**C-S**	**GX**	**Patty**
7:30am	**Sport**	**C-S**	**GX**	**Sarah**
8:30am	**Express Cycle (45 min)**	**C**	**CS**	**Laurie/Sarah**
8:30am	Glue X Core	C-S	MB	Andrea
8:30am	Zumba	C	GX	Gaby
9am	Aqua Fit	C-S	AQ	Julie
9am	Low Impact Circuit Training	C-S	FIT	Joe
9:30am	**Tabata and Core**	**C**	**GX**	**Clara**
9:30am	High Energy Cycle	C	CS	Jamie
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	Zumba	C	GX	Heather
5:30pm	Hatha Yoga - Level 2-3	MB	MB	Jason
6pm	Cycle	C	CS	Davy
6:15pm	Aqua Power Deep	C-S	AQ	Stephanie
6:30pm	Functional Yin and Deep Stretch	MB	MB	Jason
6:30pm	STRONG Nation	C-S	GX	Katie
7:30pm	**Power Pilates**	**MB**	**MB**	**Maria**

THURSDAY

Time	Class	Emphasis	Studio	Instructor
6am	**Circuit Training**	**C**	**GX/Gym**	**Patty**
6am	Hatha Yoga - Level 2-3	MB	MB	Lesley
8:30am	Strength and Conditioning	S	GX	Lisa
8:30am	Stretch & Roll	MB	MB	Maria S
9:30am	High Fitness	C	GX	Karalee
9:30am	Pilates	MB	MB	Lynda
9:30am	**Cycle and Core**	**C**	**CS**	**Laurie**
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
4pm	**Yoga for Cancer**	**MB**	**MB**	**Stacia**
4pm	**High Low**	**C**	**GX**	**Jennifer**
5:30pm	R.I.P.P.E.D.	C-S	GX	Clara
6:30pm	Gentle Yoga	MB	MB	Faith

FRIDAY

Time	Class	Emphasis	Studio	Instructor
5:45am	Strength & Cycle 30/30	C-S	GX/CS	Ria
6am	Hatha Yoga - Level 1-2	MB	MB	Maria
7am	**Mystery Fitness Fridays**	**C-S**	**GX**	**Ria/Sarah/Amber**
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	Maria S
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
5:30pm	**High Fitness (ages 12 years +)**	**C**	**GX**	**Lara**

SATURDAY

Time	Class	Emphasis	Studio	Instructor
7:30am	RIP Strength	S	GX	Lauren
8:15am	Swim Boot Camp	C-S	AQ	Julie
8:15am	Barre Fusion	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
11am	**Teen Yoga (ages 12 years +)**	**MB**	**MB**	**Maria S.**
12pm	**Prenatal Yoga**	**MB**	**MB**	**Maria S.**
1pm	Hatha Yoga - Level 1-2 (90 min)	MB	MB	Maria
1pm	Zumba	C	GX	Eileen
2pm	**Teen Pilates (ages 12 years +)**	**MB**	**GX**	**Maria S.**

Studio Emph.

C: Cardio C-S: Cardio & Strength MB: Mind & Body
F: Flexibility F-S: Flexibility & Strength S: Strength
GX: Group Ex Studio CS: Cycle Studio AQ: Indoor Pool
MB: Mind/Body Studio FIT: Fitness Floor SIG: Signature Training Studio

Stay up to date with the Fitness schedule!

View the latest schedule

Group Ex at the J on Facebook

Download the J App

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

Notes

- 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.
- Classes are 55 minutes unless otherwise noted.
- Classes have capacity limits: GX = 25; MB = 18; 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?
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