

# 2024 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur

Effective September 3

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

	Time	Class	Emphasis	Studio	Instructor		Time	Class	Emphasis	Studio	Instructor	
<b>SUNDAY</b>	8am	Total Conditioning	C-S	GX	Clara	<b>WEDNESDAY</b>	<b>6am</b>	<b>Kettlebells</b>	<b>C-S</b>	<b>GX</b>	<b>Patty</b>	
	8:15am	Insanity	C	MB	Ashley		<b>7:30am</b>	<b>Sport</b>	<b>C-S</b>	<b>GX</b>	<b>Sarah</b>	
	9am	Step	C-S	GX	Kevin		<b>8:30am</b>	<b>Express Cycle (45 min)</b>	<b>C</b>	<b>CS</b>	<b>Laurie/Sarah</b>	
	9:20am	Cycle	C-S	CS	Brett		8:30am	Glue X Core	C-S	MB	Andrea	
	9:30am	Mat Pilates	MB	MB	Lynda		8:30am	Zumba	C	GX	Gaby	
	10:30am	Extreme Conditioning	C-S	GX	Maria		9am	Aqua Fit	C-S	AQ	Julie	
	10:30am	Restorative Roll & Recovery	MB	MB	Leigh		9am	Low Impact Circuit Training	C-S	FIT	Joe	
	11:30am	Zumba	C	GX	Rocio		<b>9:30am</b>	<b>Tabata and Core</b>	<b>C</b>	<b>GX</b>	<b>Clara</b>	
	11:30am	Hatha Yoga - Level 1-2	MB	MB	Maria		9:30am	High Energy Cycle	C	CS	Jamie	
	1pm	Power Pilates	MB	MB	Maria		9:30am	Ballet	S-F	MB	Michelle	
<b>MONDAY</b>	5:45am	Strength & Cycle 30/30	C-S	CS	<b>Ria</b>	10:30am	Forever Fit	C-S	GX	Lisa		
	8am	Spin, Strength, and Stretch (70 min)	C-F	CS	<b>Ria</b>	11am	Aqua Fit	F	AQ	Stephanie		
	8:15am	PIYo	C-S	MB	Jill	11:30am	Gentle Yoga (75 min)	MB	MB	Michelle		
	8:30am	Zumba	C	GX	Gaby	11:30am	T'ai Chi	MB	GX	Judy		
	9am	Aqua Flow	C-S	AQ	Julie	5:30pm	Zumba	C	GX	Heather		
	9am	Low Impact Circuit Training	C-S	FIT	Joe	5:30pm	Hatha Yoga - Level 2-3	MB	MB	Jason		
	9:30am	Standing Abs & Cardio	C-S	MB	Leigh	5:30pm	Cycle	C	CS	Davy		
	9:30am	High Low	C	GX	Karalee	6:15pm	Aqua Power Deep	C-S	AQ	Stephanie		
	9:30am	Greatest H.I.I.T.S. Cycle	C	CS	Jill	6:30pm	Functional Yin and Deep Stretch	MB	MB	Jason		
	10:30am	Forever Fit	C-S	GX	Cathleen	6:30pm	STRONG Nation	C-S	GX	Katie		
	10:30am	T'ai Chi	MB	MB	Judy	<b>7:30pm</b>	<b>Power Pilates</b>	<b>MB</b>	<b>MB</b>	<b>Maria</b>		
	11am	Aqua Fit	F	AQ	Stephanie	<b>THURSDAY</b>	<b>6am</b>	<b>Circuit Training</b>	<b>C</b>	<b>GX/Gym</b>	<b>Patty</b>	
	11:30am	Gentle Yoga	MB	MB	Steve		6am	Hatha Yoga - Level 2-3	MB	MB	Lesley	
	5:30pm	Evening Yoga Flow	MB	MB	Alicia		8:30am	Strength and Conditioning	S	GX	Lisa	
	5:30pm	High Low	C	GX	Jennifer		8:30am	Stretch & Roll	MB	MB	Maria S	
	6:15pm	Aqua Power Deep	C-S	AQ	Stephanie		9:30am	High Fitness	C	GX	Karalee	
6:30pm	Strength & Conditioning	S	GX	Ria	9:30am		Pilates	MB	MB	Lynda		
<b>6:30pm</b>	<b>Swing</b>	<b>C</b>	<b>MB</b>	<b>Tal</b>	<b>9:30am</b>		<b>Cycle and Core</b>	<b>C</b>	<b>CS</b>	<b>Laurie</b>		
<b>7:30pm</b>	<b>Dance Fitness Kids (ages 12 years +)</b>	<b>C</b>	<b>GX</b>	<b>Ria</b>	10am		Express Strength (30 min)	S	GX	Kim		
6am	Body Weight Strength	S	GX	Gyasi	10:30am		Forever Fit	C-S	GX	Leigh		
<b>6am</b>	<b>Express Cycle (45 min)</b>	<b>C</b>	<b>CS</b>	<b>Patty</b>	11am		Aqua Fit	C-S	AQ	Stephanie		
8am	Mobility Express (30 min)	F-S	GX	Sarah	11:30am		Hatha Yoga - Level 2-3	MB	GX	Lesley		
8:30am	Mat Pilates	MB	MB	Maria S	11:30am		Gentle Yoga	MB	MB	Stacia		
8:30am	Strength and Conditioning	S	GX	Sarah	1pm		Better Balance	MB	MB	Jo		
9am	Swim Boot Camp	C-S	AQ	Julie	2pm		Aqua T'ai Chi	C-S	AQ	Stephanie		
9:30am	Circuit Training	C-S	GX	Clara	<b>4pm</b>		<b>Yoga for Cancer</b>	<b>MB</b>	<b>MB</b>	<b>Stacia</b>		
9:30am	Cardio Barre Fusion	C-S	MB	Leigh	<b>4pm</b>		<b>High Low</b>	<b>C</b>	<b>GX</b>	<b>Jennifer</b>		
10:30am	Forever Fit	C-S	GX	Cathleen	5:30pm	R.I.P.P.E.D.	C-S	GX	Clara			
10:30am	Gentle Pilates	MB	MB	Stacia	6:30pm	Gentle Yoga	MB	MB	Faith			
11am	Aqua Fit	C-S	AQ	Stephanie	<b>FRIDAY</b>	5:45am	Strength & Cycle 30/30	C-S	GX/CS	Ria		
11:30am	T'ai Chi	MB	GX	Judy		6am	Hatha Yoga - Level 1-2	MB	MB	Maria		
11:30am	Gentle Yoga	MB	MB	Stacia		<b>7am</b>	<b>Mystery Fitness Fridays</b>	<b>C-S</b>	<b>GX</b>	<b>Ria/Sarah/Amber</b>		
5:30pm	Hatha Yoga - Level 1-2 (70 min)	MB	MB	Nivi		8:30am	Express Cycle (45 min)	C	CS	Jill		
6:30pm	Zumba	C	GX	Mary		8:30am	Zumba	C	GX	Gaby		
<b>7pm</b>	<b>Generation Pound (ages 6-12 years)</b>	<b>C-S</b>	<b>CS</b>	<b>Ria</b>		8:30am	Hatha Yoga - Level 1-2	MB	MB	Steve		
<b>7pm</b>	<b>Tango 101</b>	<b>C</b>	<b>C</b>	<b>Jo &amp; Tal</b>		9am	Aqua Fit	C-S	AQ	Julie		
<b>8pm</b>	<b>Tango 102</b>	<b>C</b>	<b>GX</b>	<b>Jo &amp; Tal</b>		9:30am	Cardio Sculpt & Stretch	C-S	GX	Leigh		
<b>Studio Emph.</b>	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									
<b>Stay up to date with the Fitness schedule!</b>												
												
	View the latest schedule	Group Ex at the J on Facebook	Download the J App									
<b>Fitness Floor Orientations are held every Tuesday at 5:30pm and Saturday at 2:30pm. Register on the app or website.</b>												
<b>Notes</b>	<ul style="list-style-type: none"> <li>Spots must be reserved online. Reservations may be made 48 hours in advance.</li> <li>Classes start on time. Late arrivals are not permitted after 10 minutes.</li> <li>Classes are 55 minutes unless otherwise noted.</li> <li>Classes have capacity limits: GX = 25; MB = 18; Cycle = 15.</li> <li>If you "no-show" multiple times, your ability to reserve a spot may be restricted.</li> <li>Participants need to bring their own water bottle.</li> <li>Schedule is subject to change.</li> <li><b>Pink is part of The Hamsa Wellness Community. The class addresses the specific physical and emotional needs left by cancer and its treatments.</b></li> </ul>											
	<p>Questions? Sarah Amonson, 314.442.3210, samonson@jccstl.org</p>											
	<p>jccstl.org </p>											
	<p><b>SATURDAY</b></p>											
		7:30am	RIP Strength	S	GX	Lauren		7:30am	RIP Strength	S	GX	Lauren
		8:15am	Swim Boot Camp	C-S	AQ	Julie		8:15am	Swim Boot Camp	C-S	AQ	Julie
		8:15am	Barre Fusion	C-S	MB	Patty		8:15am	Barre Fusion	C-S	MB	Patty
	8:30am	P90-X	C-S	GX	Ashley		8:30am	P90-X	C-S	GX	Ashley	
	9:30am	Turbo Kick	C	GX	Clara		9:30am	Turbo Kick	C	GX	Clara	
	9:30am	Hatha Yoga - Level 2-3 (90 min)	MB	MB	Maria		9:30am	Hatha Yoga - Level 2-3 (90 min)	MB	MB	Maria	
	9:30am	Power Hour Cycle	C	CS	Patty		9:30am	Power Hour Cycle	C	CS	Patty	
	10:30am	Cardio Dance	C	GX	Heather		10:30am	Cardio Dance	C	GX	Heather	
	<b>11am</b>	<b>Teen Yoga (ages 12 years +)</b>	<b>MB</b>	<b>MB</b>	<b>Maria S.</b>		<b>11am</b>	<b>Teen Yoga (ages 12 years +)</b>	<b>MB</b>	<b>MB</b>	<b>Maria S.</b>	
	<b>12pm</b>	<b>Prenatal Yoga</b>	<b>MB</b>	<b>MB</b>	<b>Maria S.</b>		<b>12pm</b>	<b>Prenatal Yoga</b>	<b>MB</b>	<b>MB</b>	<b>Maria S.</b>	
	1pm	Hatha Yoga - Level 1-2 (90 min)	MB	MB	Maria		1pm	Hatha Yoga - Level 1-2 (90 min)	MB	MB	Maria	
	1pm	Zumba	C	GX	Eileen		1pm	Zumba	C	GX	Eileen	
	<b>2pm</b>	<b>Teen Pilates (ages 12 years +)</b>	<b>MB</b>	<b>GX</b>	<b>Maria S.</b>		<b>2pm</b>	<b>Teen Pilates (ages 12 years +)</b>	<b>MB</b>	<b>GX</b>	<b>Maria S.</b>	