

# 2024 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Marilyn Fox Building - Chesterfield

Updated November 1

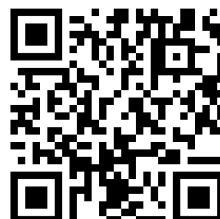
**Bold & red indicates new class, new time and/or new instructor.**

	Time	Class	Emphasis	Studio	Instructor		Time	Class	Emphasis	Studio	Instructor	
<b>SUNDAY</b>	7:15am	Functional Yin Yoga & Deep Stretch	MB	CR	Jason	<b>THURSDAY</b>	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	
<b>MONDAY</b>	5:40am	Insanity	C	GX	Mindy	10am	Mobility Express (30 min)	MB	GX	Anna		
	8am	Mat Pilates	MB	CR	Mindy	10:30am	<b>Vinyasa Yoga Flow</b>	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	<b>RIP Strength</b>	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	<b>Glute X Core</b>	<b>C-S</b>	<b>CR</b>	<b>Alicia</b>	6:30pm	Aqua Fit	C-S	AQ	Olivia		
	10:30am	Express Strength & Sculpt (30 min)	S	GX	Kim	<b>FRIDAY</b>	5:45am	Circuit Training	C-S	GX	Alicia	
	10:30am	Stretch	MB	CR	Kay		8:30am	<b>RIP Strength</b>	<b>S</b>	GX	<b>Sarah</b>	
	12pm	Forever Fit	C-S	GX	Bryce		8:30am	Yin Yoga	MB	CR	Chanin	
	5:30pm	Zumba	C	GX	Danielle		9am	Spin and Stretch (70 min)	C	CS	Laina	
	6:30pm	Strength and Conditioning	S	GX	Lisa		9:30am	Turbo Kick	C	GX	Clara	
6:30pm	Mat Pilates	MB	CR	Kim	9:30am		Indoor Bootcamp	C-S	CR	Alicia		
7:30pm	Gentle Yoga	MB	CR	Maria S.	10:30am		<b>Circuit Training</b>	S-F	CR	Alicia		
<b>TUESDAY</b>	5:30am	Cycle	C	CS	Stacy		11:30am	Hatha Yoga - Level 1-2	MB	CR	Jason	
	8am	Core Fusion	MB	CR	Barb		1pm	T'ai Chi	MB	GX	Craig	
	8:30am	Cardio Pump	C-S	GX	Susan		6pm	Zumba	C	GX	Gaby	
	9am	Physique Fusion	MB	CR	Laina		<b>SATURDAY</b>	8:30am	Total Conditioning	C-S	GX	Dave
	9am	Aqua Flow	C-S	AQ	Nancee			8:30am	Stretch	F	CR	Kay
	9:30am	Interval Power Hour	S	GX	Shelly			9:30am	H.I.I.T.	C-S	GX	Shelly
	10:30am	Stretch	MB	CR	Kay			10am	Weekend Yoga Flow	MB	CR	Michelle
	11am	Forever Fit	C-S	GX	Bryce	10:30am		Zumba	C	GX	Danielle	
	5:30pm	Zumba	C	GX	Bryn	<b>Emph.</b>		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	<b>Studio</b>			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)			
<b>WEDNESDAY</b>	5:40am	Strength and Stretch Intervals	S	GX		Mindy		<b>Notes</b>	• 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	• <b>Beginning December 1, reservations may only be cancelled up to 1 hour prior to class time.</b>						
	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							
	12pm	<b>Chair Yoga</b>	<b>MB</b>	<b>CR</b>	<b>Alicia</b>							
	5:30pm	Zumba	C	GX	Danielle							

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