

2024 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur

Updated November 1

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

	Time	Class	Emphasis	Studio	Instructor		Time	Class	Emphasis	Studio	Instructor	
SUNDAY	8am	Total Conditioning	C-S	GX	Clara	WEDNESDAY	6am	Kettlebells	C-S	GX	Patty	
	8:15am	Insanity	C	MB	Ashley		7:30am	Sport	C-S	GX	Sarah	
	9am	Step	C-S	GX	Kevin		8:30am	Express Cycle (45 min)	C	CS	Laurie/Sarah	
	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		9:30am	Tabata and Core	C	GX	Clara	
	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	
MONDAY	5:45am	Strength & Cycle 30/30	C-S	CS	Ria	10:30am	Forever Fit	C-S	GX	Lisa		
	7:15am	Spin, Strength, and Stretch (70 min)	C-F	CS	Ria	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	6pm	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	7:30pm	Power Pilates	MB	MB	Maria		
	11am	Aqua Fit	F	AQ	Stephanie	THURSDAY	6am	Circuit Training	C	GX/Gym	Patty	
	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		
6:30pm	Swing	C	MB	Tal	9:30am		Cycle and Core	C	CS	Laurie		
6am	Body Weight Strength	S	GX	Gyasi	10:30am		Forever Fit	C-S	GX	Leigh		
6am	Express Cycle (45 min)	C	CS	Patty	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	4pm		Yoga for Cancer	MB	MB	Stacia		
9:30am	Cardio Barre Fusion	C-S	MB	Leigh	4pm		High Low	C	GX	Jennifer		
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	FRIDAY	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		7am	Mystery Fitness Fridays	C-S	GX	Ria/Sarah/Amber		
5:30pm	Hatha Yoga - Level 1-2 (70 min)	MB	MB	Nivi		8:30am	Express Cycle (45 min)	C	CS	Jill		
6:15pm	After Work Cycle	C	CS	Ria		8:30am	Zumba	C	GX	Gaby		
6:30pm	Zumba	C	GX	Mary		8:30am	Hatha Yoga - Level 1-2	MB	MB	Steve		
7pm	Tango 101	C	C	Jo & Tal		9am	Aqua Fit	C-S	AQ	Julie		
7:15pm	Generation Pound (ages 6-12 years)	C-S	CS	Ria		9:30am	Cardio Sculpt & Stretch	C-S	GX	Leigh		
8pm	Tango 102	C	GX	Jo & Tal		9:30am	Stretch and Roll	F	MB	Maria S		
Studio Emph.	C: Cardio	C-S: Cardio & Strength	MB: Mind & Body				9:30am	Power Hour Cycle	C	CS	Lisa	
	F: Flexibility	F-S: Flexibility & Strength	S: Strength				10:30am	Stretch	MB	MB	Kay	
	GX: Group Ex Studio	CS: Cycle Studio	AQ: Indoor Pool				10:30am	Forever Fit	C-S	GX	Cathleen	
	MB: Mind/Body Studio	FIT: Fitness Floor	SIG: Signature Training Studio				11am	Aqua Fit	C-S	AQ	Stephanie	
							11:30am	Hatha Yoga - Level 2-3	MB	MB	Lynda	
Stay up to date with the Fitness schedule!												
								7:30am	RIP Strength	S	GX	Lauren
	View the latest schedule	Group Ex at the J on Facebook	Download the J App				8:15am	Swim Boot Camp	C-S	AQ	Julie	
Fitness Floor Orientations: Tuesday at 5:30pm and Saturday at 2:30pm. Register on the app or website.												
Notes	<ul style="list-style-type: none"> 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. Beginning December 1, reservations may only be cancelled up to 1 hour prior to class time. 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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