

2024 FALL SENIOR-FRIENDLY OPTIONS

Updated November 1

Senior Friendly are only suggestions. Class intensity may vary depending upon instructor and format.

	Time	Class	Emphasis	Studio	Instructor
SUNDAY	7:15am	Functional Yin Yoga & Deep Stretch	MB	CR	Jason
	8:20am	Functional Yin Yoga & Deep Stretch	MB	CR	Jason
	9am	Core & Cardio Intervals	C-S	GX	Susan
	10:30am	Insight Yoga	MB	CR	Elise
MONDAY	8am	Mat Pilates	MB	CR	Mindy
	8:15am	Cycle 40/20	C-S	CS/CR	Barb
	9:15am	Spin and Stretch Express	C-F	CS	Laina
	10:30am	Stretch	MB	CR	Kay
	12pm	Forever Fit	C-S	GX	Bryce
	5:30pm	Zumba	C	GX	Danielle
	6:30pm	Mat Pilates	MB	CR	Kimberly
	7:30pm	Gentle Yoga	MB	CR	Julie
TUESDAY	8am	Core Fusion	MB	CR	Barb
	8:30am	Cardio Pump	C-S	GX	Susan
	9am	Physique Fusion	MB	CR	Laina
	10:30am	Stretch	MB	CR	Kay
	11am	Forever Fit	S	GX	Bryce
	6:15pm	Hatha Yoga - Level 1-2	MB	CR	Brenda
	6:30pm	Circuit Training	C-S	GX	Clara

Studio GX: Group Ex Studio CS: Cycle Studio
 MB: Mind/Body Studio CR: Community Rooms (upstairs)

Emph. C: Cardio C-S: Cardio & Strength MB: Mind/Body
 F: Flexibility F-S: Flexibility & Strength S: Strength



Questions?
 Sarah Amonson, 314.442.3210, samonson@jccstl.org



	Time	Class	Emphasis	Studio	Instructor
WEDNESDAY	8am	Low Impact Strength & Cardio	C-S	GX	Susan
	8am	Pilates	MB	CR	Mindy
	9am	Express Cycle	C	CS	Laina
	9am	Vinyasa Yoga Flow	MB	CR	Lesley
	10am	Stretch	MB	CR	Kay
	11am	Stretch	MB	CR	Kay
	12pm	Chair Yoga	MB	CR	Alicia
	5:30pm	Zumba	C	GX	Danielle
	5:30pm	TRX Strength & Cardio	C-S	CR	Alicia
THURSDAY	8:30am	Cardio Pump	C-S	GX	Susan
	9am	Physique Fusion	MB	CR	Laina
	10:30am	Slow Flow Yoga	MB	CR	Chanin
	11am	Forever Fit	S	GX	Bryce
	5:30pm	Barre Fusion	C-S	GX	Michelle
FRIDAY	8:30am	Yin Yoga	MB	CR	Chanin
	9am	Spin and Stretch	C-F	CS	Laina
	9:30am	Turbo Kick	C	GX	Clara
	1pm	Tai Chi	MB	GX	Craig
SATURDAY	8:30am	Stretch	MB	CR	Kay
	10am	Weekend Yoga Flow	MB	CR	Michelle
	10:30am	Zumba	C	GX	Danielle

NOTES

- Class 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.
- Members have a five-minute grace period, after which we may fill open spaces.
- Classes have capacity limits: GX = 25; MB = 15; 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.