

2025 WINTER-SPRING FITNESS & AQUATICS GROUP EX SCHEDULE

Marilyn Fox Building - Chesterfield

Effective January 6

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

	Time	Class	Emphasis	Studio	Instructor		Time	Class	Emphasis	Studio	Instructor	
SUNDAY	7:15am	Functional Yin Yoga & Deep Stretch	MB	CR	Jason	THURSDAY	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 & Cardio Intervals	C-S	GX	Susan		8am	Aqua Power	C-S	AQ	Phyllis	
	9:30am	Vinyasa Yoga 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	
	11:30am	Zumba	C	GX	Bryn		9:30am	Interval Power Hour	S	GX	Anna	
MONDAY	5:40am	Insanity	C	GX	Mindy	10:30am	Mobility Express (30 min)	MB	GX	Anna		
	8am	Mat Pilates	MB	CR	Mindy	10:30am	Vinyasa Yoga Flow	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	RIP Strength	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 & Stretch Express (45 min)	C	CS	Laina	6:15pm	Power Yoga	MB	CR	Jason		
	9:30am	Tabata	C-S	GX	Kim	6:30pm	Aqua Fit	C-S	AQ	Oliva		
	9:30am	Glute X Core	C-S	CR	Alicia	6:30pm	Zumba	C	GX	Gaby		
	10:30am	Express Strength & Sculpt (30 min)	S	GX	Kim	FRIDAY	5:45am	Circuit Training	C-S	GX	Alicia	
	10:30am	Stretch	MB	CR	Kay		8:30am	RIP Strength	S	GX	Sarah	
	12pm	Forever Fit	C-S	GX	Bryce		8:30am	Yin Yoga	MB	CR	Chanin	
	5:30pm	Zumba	C	GX	Danielle		9am	Spin & Stretch (70 min)	C	CS	Laina	
	6pm	Express Cycle & Stretch	C	CS	Jason		9:30am	Turbo Kick	C	GX	Clara	
6:30pm	Mat Pilates	MB	CR	Kim	9:30am		Circuit Training	C-S	CR	Alicia		
7:30pm	Gentle Yoga	MB	CR	Maria S.	10:30am		Glutes, Core & Stretch	C-S	CR	Alicia		
TUESDAY	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		2:10pm	Intermediate T'ai Chi	MB	GX	Craig	
	9am	Physique Fusion	MB	CR	Laina		6pm	Zumba	C	GX	Gaby	
	9am	Aqua Flow	C-S	AQ	Nancee		6pm	Cycle & Stretch	C-S	CS/GX	Jason	
	9:30am	Interval Power Hour	S	GX	Shelly		SATURDAY	8:30am	Total Conditioning	C-S	GX	Dave
	10:30am	Stretch	MB	CR	Kay			8:30am	Stretch	F	CR	Kay
	11am	Forever Fit	C-S	GX	Bryce	8:30am		Cycle	C	CS	Laura	
	1pm	T'ai Chi	MB	CR	Chots	9:30am		H.I.I.T.	C-S	GX	Shelly	
	6pm	Cycle & Strength 30/30	C	CS	Laura	10am		Weekend Yoga Flow	MB	CR	Michelle	
	6:15pm	Hatha Yoga - Level 1-2	MB	CR	Brenda	10:30am		Zumba	C	GX	Danielle	
	6:30pm	Circuit Training	C-S	GX	Clara	Emph.		C: Cardio	C-S: Cardio & Strength	MB: Mind & Body		
	6:30pm	Aqua Fit	C-S	AQ	Olivia			F: Flexibility	F-S: Flexibility & Strength	S: Strength		
	WEDNESDAY	5:40am	Strength & Stretch Intervals	S	GX	Mindy		Studio	GX: Group Ex Studio	CS: Cycle Studio	AQ: Indoor Pool	
8am		Aqua Power	C-S	AQ	Phillip	MB: Mind/Body Studio			CR: Community Room (upstairs)			
8am		Low-Impact Strength & Cardio	C-S	GX	Susan	Notes		• Spots must be reserved online. Reservations may be made 48 hours in advance.				
8am		Pilates	MB	CR	Mindy			• Classes start on time. Late arrivals are not permitted after 10 minutes.				
9am		Spin & Stretch Express (45 min)	C-S	CS	Laina			• Classes are 55 minutes unless otherwise noted.				
9am		Vinyasa Yoga Flow	MB	CR	Lesley			• Members have a five-minute grace period, after which we may fill open spaces.				
9:30am		Cardio Mix	C-S	GX	Kim		• Classes have capacity limits: GX = 25; MB = 15; Cycle = 15.					
10am		Stretch	MB	CR	Kay		• Reservations may only be cancelled up to 1 hour prior to class time.					
10:30am		Chair Yoga	MB	GX	Alicia		• If you no-show multiple times, your ability to reserve a spot may be restricted.					
11am		Stretch	MB	CR	Kay		• Participants need to bring their own water bottle.					
5:30pm		Glute X Core	C-S	CR	Alicia		• Schedule is subject to change.					
5:30pm		Zumba	C	GX	Danielle							
6:30pm		Strength & Conditioning	S	GX	Jennifer							
6:30pm		Yin Yoga	MB	CR	Chanin							

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.



View the latest schedule



Group Ex at the J on Facebook



Download the J App

Questions?

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