

2025 WINTER-SPRING FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur

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	8am	Total Conditioning	C-S	GX	Clara	WEDNESDAY	6am	Kettlebells	C-S	GX	Patty	
	8:15am	Insanity	C	MB	Ashley		6am	Vinyasa Yoga Flow	MB	MB	Lesley	
	9am	Step	C-S	GX	Kevin		7:30am	Sport	C-S	GX	Sarah	
	9:20am	Cycle	C-S	CS	Brett		8:30am	Express Cycle (45 min)	C	CS	Laurie/Sarah	
	9:30am	Mat Pilates	MB	MB	Lynda		8:30am	Glue X Core	C-S	MB	Andrea	
	10:30am	Extreme Conditioning	C-S	GX	Maria		8:30am	Zumba	C	GX	Gaby	
	10:30am	Restorative Roll & Recovery	MB	MB	Leigh		9am	Aqua Fit	C-S	AQ	Julie	
	11:30am	Zumba	C	GX	Rocio		9am	Low Impact Circuit Training	C-S	FIT	Joe	
	11:30am	Hatha Yoga - Level 1-2	MB	MB	Maria		9:30am	Tabata and Core	C	GX	Clara	
	1pm	Power Pilates	MB	MB	Maria		9:30am	High Energy Cycle	C	CS	Jamie	
MONDAY	5:45am	Strength & Cycle 30/30	C-S	CS	Ria	9:30am	Ballet	S-F	MB	Michelle		
	8:15am	PiYo	C-S	MB	Jill	10:30am	Forever Fit	C-S	GX	Lisa		
	8:30am	Zumba	C	GX	Gaby	11am	Aqua Fit	F	AQ	Stephanie		
	9am	Aqua Flow	C-S	AQ	Julie	11:30am	Gentle Yoga (75 min)	MB	MB	Michelle		
	9am	Low Impact Circuit Training	C-S	FIT	Joe	11:30am	T'ai Chi	MB	GX	Judy		
	9:30am	Standing Abs & Cardio	C-S	MB	Leigh	5:30pm	Zumba	C	GX	Heather		
	9:30am	High Low	C	GX	Karalee	5:30pm	Hatha Yoga - Level 2-3	MB	MB	Jason		
	9:30am	Greatest H.I.I.T.S. Cycle	C	CS	Jill	6pm	Cycle	C	CS	Davy		
	10:30am	Forever Fit	C-S	GX	Cathleen	6:15pm	Aqua Power Deep	C-S	AQ	Stephanie		
	10:30am	T'ai Chi	MB	MB	Judy	6:30pm	Functional Yin and Deep Stretch	MB	MB	Jason		
	11am	Aqua Fit	F	AQ	Stephanie	6:30pm	STRONG Nation	C-S	GX	Katie		
	11:30am	Gentle Yoga	MB	MB	Steve	7:30pm	Power Pilates	MB	MB	Maria		
	5:30pm	Evening Yoga Flow	MB	MB	Alicia	THURSDAY	6am	Circuit Training	C	GX/Gym	Patty	
	5:30pm	High Low	C	GX	Jennifer		6am	Hatha Yoga - Level 2-3	MB	MB	Lesley	
6:15pm	Aqua Power Deep	C-S	AQ	Stephanie	8:30am		Strength and Conditioning	S	GX	Lisa		
6:30pm	Strength & Conditioning	S	GX	Ria	8:30am		Stretch & Roll	MB	MB	Maria S.		
6:30pm	Swing	C	MB	Tal	9:30am		High Fitness	C	GX	Karalee		
6:30pm	Cycle Express (45 min)	C	CS	Jake	9:30am		Pilates	MB	MB	Lynda		
TUESDAY	6am	Body Weight Strength	S	GX	Gyasi		9:30am	Cycle and Core	C	CS	Laurie	
	6am	Express Cycle (45 min)	C	CS	Patty		10:30am	Forever Fit	C-S	GX	Leigh	
	6am	Yoga for Beginners	MB	MB	Lesley		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	Maria S.	
	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	5:30pm	R.I.P.P.E.D.	C-S	GX	Clara		
	10:30am	Forever Fit	C-S	GX	Cathleen	6:30pm	Gentle Yoga	MB	MB	Faith		
	10:30am	Gentle Pilates	MB	MB	Stacia	FRIDAY	5:45am	Strength & Cycle 30/30	C-S	GX/CS	Ria	
	11am	Aqua Fit	C-S	AQ	Stephanie		6am	Hatha Yoga - Level 1-2	MB	MB	Maria	
	11:30am	T'ai Chi	MB	GX	Judy		8:30am	Zumba	C	GX	Gaby	
	11:30am	Gentle Yoga	MB	MB	Stacia		8:30am	Express Cycle (45 min)	C	CS	Jill	
5:30pm	Hatha Yoga - Level 1-2 (70 min)	MB	MB	Nivi	8:30am		Hatha Yoga - Level 1-2	MB	MB	Steve		
6:15pm	After Work Cycle	C	CS	Ria	9am		Aqua Fit	C-S	AQ	Julie		
6pm	Zumba	C	GX	Mary	9:30am		Stretch and Roll	F	MB	Maria S.		
7pm	Tango 101	C	C	Jo & Tal	9:30am		Cardio Sculpt & Stretch	C-S	GX	Leigh		
7pm	CIRCL Mobility™	F-S	GX	Mary	9:30am		Power Hour Cycle	C	CS	Lisa		
8pm	Tango 102	C	GX	Jo & Tal	10:30am		Forever Fit	C-S	GX	Cathleen		
Studio Emph.	C: Cardio	C-S: Cardio & Strength	MB: Mind & Body				10:30am	Stretch	MB	MB	Kay	
	F: Flexibility	F-S: Flexibility & Strength	S: Strength				11am	Aqua Fit	C-S	AQ	Stephanie	
	GX: Group Ex Studio	CS: Cycle Studio	AQ: Indoor Pool				11:30am	Hatha Yoga - Level 2-3	MB	MB	Lynda	
	MB: Mind/Body Studio	FIT: Fitness Floor	SIG: Signature Training Studio				5pm	After Work Cycle	C	CS	Jake	
Stay up to date with the Fitness schedule!						5:30pm	High Low	C	GX	Lara		
												
View the latest schedule	Group Ex at the J on Facebook	Download the J App	SATURDAY	7:30am	RIP Strength	S	GX	Lauren				
Fitness Floor Orientations: Tuesday at 5:30pm and Saturday at 2:30pm. Register on the app or website.				8:15am	Swim Boot Camp	C-S	AQ	Julie				
Notes	• Spots must be reserved online. Reservations may be made 48 hours in advance.			8:15am	Barre Fusion	C-S	MB	Patty				
	• Classes start on time. Late arrivals are not permitted after 10 minutes.			8:30am	P90-X	C-S	GX	Ashley				
	• Classes are 55 minutes unless otherwise noted.			8:30am	Express Cycle	C	CS	Davy				
	• Classes have capacity limits: GX = 25; MB = 18; Cycle = 15.			9:30am	Turbo Kick	C	GX	Clara				
	• Beginning December 1, reservations may only be cancelled up to 1 hour prior to class time.			9:30am	Hatha Yoga - Level 2-3 (90 min)	MB	MB	Maria				
	• If you "no-show" multiple times, your ability to reserve a spot may be restricted.			9:30am	Power Hour Cycle	C	CS	Patty				
	• Participants need to bring their own water bottle.			10:30am	Cardio Dance	C	GX	Heather				
	• Schedule is subject to change.			11am	Weekend Flow (ages 12 years +)	MB	MB	Maria S.				
	• Pink is part of The Hamsa Wellness Community. The class addresses the specific physical and emotional needs left by cancer and its treatments.			12pm	Pre- and Post-Natal Yoga	MB	MB	Maria S.				
				1pm	Hatha Yoga - Level 1-2 (90 min)	MB	MB	Maria				
				1pm	Zumba	C	GX	Eileen				

Questions?

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