

2025 WINTER-SPRING FITNESS & AQUATICS GROUP EX SCHEDULE

Marilyn Fox Building - Chesterfield

Updated February 3

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	MB	Jason	THURSDAY	5:45am	H.I.I.T.	C-S	GX	Kahra
	8:15am	Functional Yin Yoga & Deep Stretch	MB	MB	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	MB	Jason		8:30am	Cardio Pump	C-S	GX	Susan
	10am	Strength Express (30 min)	S	GX	Jennifer		9am	Physique Fusion	MB	MB	Laina
	10:30am	Insight Yoga	MB	MB	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	Vinyasa Yoga Flow	MB	MB	Chanin	
	8am	Mat Pilates	MB	MB	Mindy	10:30am	Mobility Express	MB	GX	Anna	
	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	MB	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	MB	Jason	
	9:30am	Tabata	C-S	GX	Kim	6:30pm	Aqua Fit	C-S	AQ	Oliva	
	9:30am	TRX Strength & Stability	C-S	MB	Alicia	6:30pm	Zumba	C	GX	Gaby	
	10:30am	Express Strength & Sculpt (30 min)	S	GX	Kim	FRIDAY	5:45am	Spin Your Abs Off	C-S	CS	Stacy
	10:30am	Stretch	MB	MB	Kay		8am	Mobility Express (30 min)	F-S	GX	Sarah
	12pm	Forever Fit	C-S	GX	Bryce		8:30am	RIP Strength	S	GX	Sarah
	5:30pm	Zumba	C	GX	Danielle		8:30am	Yin Yoga	MB	MB	Chanin
6pm	Express Cycle & Strength	C	CS	Jason	9am		Spin & Stretch (70 min)	C	CS	Laina	
6:30pm	Mat Pilates	MB	MB	Kim	9:30am		Turbo Kick	C	GX	Clara	
7:30pm	Gentle Yoga	MB	MB	Maria S.	9:30am		TRX Strength & Cardio	C-S	MB	Alicia	
TUESDAY	5:30am	Cycle	C	CS	Stacy		10:30am	TRX & Deep Stretch (70 min)	C-S	MB	Alicia
	8am	Core Fusion	MB	MB	Barb		12pm	Hatha Yoga - Level 1-2	MB	MB	Jason
	8:30am	Cardio Pump	C-S	GX	Susan		1pm	T'ai Chi	MB	GX	Craig
	9am	Physique Fusion	MB	MB	Laina		2:10pm	Intermediate T'ai Chi	MB	GX	Craig
	9am	Aqua Flow	C-S	AQ	Nancee		6pm	Zumba	C	GX	Gaby
	9:30am	Interval Power Hour	S	GX	Shelly		6pm	Cycle & Stretch	C-S	CS/GX	Jason
	10:30am	Stretch	MB	MB	Kay	SATURDAY	8:30am	Total Conditioning	C-S	GX	Dave
	11am	Forever Fit	C-S	GX	Bryce		8:30am	Stretch	F	MB	Kay
	1pm	T'ai Chi	MB	MB	Chots		8:30am	Cycle	C	CS	Laura
	5:30pm	TRX Express Strength (45 min)	S	MB	Jennifer		9:30am	H.I.I.T.	C-S	GX	Shelly
	6pm	Cycle & Strength 30/30	C	CS	Laura		10am	Weekend Yoga Flow	MB	MB	Michelle
	6:15pm	Hatha Yoga - Level 1-2	MB	MB	Michelle M		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	
	8am	Aqua Power	C-S	AQ	Phillip		MB: Mind/Body Studio		AQ: Indoor Pool		
	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	MB	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	MB	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	MB	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	MB	Kay	• Participants need to bring their own water bottle.					
	5:30pm	TRX Strength & Cardio	C-S	MB	Alicia	• Schedule is subject to change.					
	5:30pm	Zumba	C	GX	Danielle						
	6:30pm	Strength & Conditioning	S	GX	Jennifer						
6:30pm	Yin Yoga	MB	MB	Chanin							

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

Stay up to date with the Fitness schedule!



View the latest schedule



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