

# 2025 WINTER-SPRING FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur

Updated February 3

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

	Time	Class	Emphasis	Studio	Instructor		Time	Class	Emphasis	Studio	Instructor
<b>SUNDAY</b>	8am	Total Conditioning	C-S	GX	Clara	<b>WEDNESDAY</b>	6am	Kettlebells	C-S	GX	Patty
	8:15am	Insanity	C	MB	Ashley		<b>6am</b>	<b>Vinyasa Yoga Flow</b>	<b>MB</b>	<b>MB</b>	<b>Lesley</b>
	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	<b>Glute &amp; Core Strength</b>	<b>S</b>	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 & Core	C	GX	Clara
	1pm	Power Pilates	MB	MB	Maria		9:30am	High Energy Cycle	C	CS	Jamie
<b>MONDAY</b>	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 & 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	<b>THURSDAY</b>	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		<b>7:30am</b>	<b>Stick Mobility &amp; Strength</b>	<b>S</b>	<b>GX</b>	<b>Kevin</b>
6:30pm	Strength & Conditioning	S	GX	Ria	8:30am		Strength & Conditioning	S	GX	Lisa	
6:30pm	Swing	C	MB	Tal	8:30am		Stretch & Roll	MB	MB	Maria S.	
<b>6:30pm</b>	<b>Cycle Express (45 min)</b>	<b>C</b>	<b>CS</b>	<b>Jake</b>	9:30am		High Fitness	C	GX	Karalee	
<b>TUESDAY</b>	6am	Body Weight Strength	S	GX	Gyasi		9:30am	Pilates	MB	MB	Lynda
	6am	Express Cycle (45 min)	C	CS	Patty		9:30am	Cycle & Core	C	CS	Laurie
	<b>6am</b>	<b>Yoga for Beginners</b>	<b>MB</b>	<b>MB</b>	<b>Lesley</b>		10:30am	Forever Fit	C-S	GX	Leigh
	<b>7:30am</b>	<b>Strength &amp; Conditioning</b>	<b>S</b>	<b>GX</b>	<b>Sarah</b>		11am	Aqua Fit	C-S	AQ	Stephanie
	8:30am	Strength & Conditioning	S	GX	Sarah		11:30am	Hatha Yoga - Level 2-3	MB	GX	<b>Maria S.</b>
	8:30am	Mat Pilates	MB	MB	Maria S.		11:30am	Gentle Yoga	MB	MB	Stacia
	9am	Swim Boot Camp	C-S	AQ	Julie		1pm	Better Balance	MB	MB	Jo
	9:30am	Cardio Barre Fusion	C-S	MB	Leigh		2pm	Aqua T'ai Chi	C-S	AQ	Stephanie
	9:30am	Circuit Training	C-S	GX	Clara		<b>4pm</b>	<b>Yoga for Cancer</b>	<b>MB</b>	<b>MB</b>	<b>Stacia</b>
	10:30am	Gentle Pilates	MB	MB	Stacia	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	
	11am	Aqua Fit	C-S	AQ	Stephanie	<b>FRIDAY</b>	5:45am	Strength & Cycle 30/30	C-S	GX/CS	Ria
	11:30am	Gentle Yoga	MB	MB	Stacia		6am	Hatha Yoga - Level 1-2	MB	MB	Maria
	11:30am	T'ai Chi	MB	GX	Judy		<b>7:30am</b>	<b>Glute &amp; Core Strength</b>	<b>S</b>	<b>GX</b>	<b>Ria</b>
	5:30pm	Hatha Yoga - Level 1-2 (70 min)	MB	MB	Nivi		8:30am	Zumba	C	GX	Gaby
6:15pm	After Work Cycle	C	CS	Ria	8:30am		Express Cycle (45 min)	C	CS	Jill	
<b>6pm</b>	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	
<b>7pm</b>	<b>CIRCL Mobility™</b>	<b>F-S</b>	<b>GX</b>	<b>Mary</b>	9:30am		Stretch & Roll	F	MB	Maria S.	
8pm	Tango 102	C	GX	Jo & Tal	9:30am		Cardio Sculpt & Stretch	C-S	GX	Leigh	
<b>STUDIO EMPH.</b>	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	Forever Fit	C-S	GX	Cathleen
	GX: Group Ex Studio	CS: Cycle Studio	AQ: Indoor Pool				10:30am	Stretch	MB	MB	Kay
	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
							<b>5pm</b>	<b>After Work Cycle</b>	<b>C</b>	<b>CS</b>	<b>Jake</b>
						<b>5:30pm</b>	<b>High Low</b>	<b>C</b>	<b>GX</b>	<b>Lara</b>	
						<b>SATURDAY</b>	7:30am	RIP Strength	S	GX	Lauren
							8:15am	Swim Boot Camp	C-S	AQ	Julie
							8:15am	Barre Fusion	C-S	MB	Patty
							8:30am	P90-X	C-S	GX	Ashley
							<b>8:30am</b>	<b>Express Cycle</b>	<b>C</b>	<b>CS</b>	<b>Davy</b>
							9:30am	Turbo Kick	C	GX	Clara
							9:30am	Hatha Yoga - Level 2-3 (90 min)	MB	MB	Maria
							9:30am	Power Hour Cycle	C	CS	Patty
					10:30am		Cardio Dance	C	GX	Heather	
					<b>11am</b>		<b>Weekend Flow (ages 12 years +)</b>	<b>MB</b>	<b>MB</b>	<b>Maria S.</b>	
					12pm		<b>Pre- &amp; Post-Natal Yoga</b>	MB	MB	Maria S.	
					1pm		Hatha Yoga - Level 1-2 (90 min)	MB	MB	Maria	
					1pm		Zumba	C	GX	Eileen	

Stay up to date with the Fitness schedule!



View the latest schedule



Group Ex at the J on Facebook



Download the J App

**Fitness Floor Orientations: Tuesday at 5:30pm and Saturday at 2:30pm. Register on the app or website.**

- 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?

Sarah Amonson, 314.442.3210, samonson@jccstl.org

jccstl.org

