

2025 FALL SENIOR-FRIENDLY OPTIONS

Updated November 3

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

	Time	Class	Emphasis	Studio	Instructor
SUNDAY	8:15am	Functional Yin Yoga & Deep Stretch	MB	MB	Jason
	9am	Core & Cardio Intervals	C-S	GX	Susan
	10:30am	Insight Yoga	MB	MB	Elise
	11:30am	Zumba	C-D	GX	Bryn
MONDAY	8am	Mat Pilates	MB	MB	Mindy
	8am	Stick Mobility Express (30 min)	F-S	GX	Sarah
	8:15am	Cycle 40/20	C-S	CS/MB	Barb
	9:15am	Spin and Stretch Express	C-F	CS	Laina
	10:30am	Stretch	F	MB	Kay
	12pm	Forever Fit	S	GX	Bryce
	5:30pm	Zumba	C-D	GX	Danielle
	6:30pm	Mat Pilates	MB	MB	Kimberly
TUESDAY	7:30am	Cardio Pump	C-S	GX	Susan
	8am	Core Fusion	MB	MB	Barb
	8:30am	Cardio Pump	C-S	GX	Susan
	9am	Physique Fusion	C-S	MB	Laina
	10am	Cycle	C	CS	Laurie
	10:30am	Stretch	F	MB	Kay
	11am	Forever Fit	S	GX	Bryce
	6:30pm	Circuit Training	C-S	GX	Clara

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

Studio	GX:Group Ex Studio	CS: Cycle Studio
	MB: Mind/Body Studio	

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	MB	Mindy
	9am	Express Cycle	C	CS	Laina
	9am	Vinyasa Yoga Flow	MB	MB	Lesley
	10:30am	Stretch	F	MB	Kay
	10:30am	Chair Yoga	MB	GX	Lesley
	5:30pm	Zumba	C-D	GX	Danielle
THURSDAY	8:30am	Cardio Pump	C-S	GX	Susan
	9am	Physique Fusion	C-S	MB	Laina
	10:30am	Ground and Release Yoga	MB	MB	Chanin
	10:30am	Core Focus (30 min)	MB	GX	Anna
	11am	Forever Fit	S	GX	Bryce
	5:30pm	Barre Fusion	C-S	GX	Michelle
FRIDAY	8am	Stick Mobility Express (30 min)	F-S	GX	Sarah
	8:30am	Yin Yoga	MB	MB	Chanin
	9am	Spin & Stretch (70 min)	F-S	CS	Laina
	9:30am	Turbo Kick	C	GX	Clara
	1pm	Tai Chi	MB	GX	Craig
SATURDAY	8:30am	Stretch	F	MB	Kay
	10am	Weekend Yoga Flow	MB	MB	Michelle
	10:30am	Zumba	C-D	GX	Danielle

NOTES	<ul style="list-style-type: none"> • 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.
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