

2025 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Marilyn Fox Building - Chesterfield

Updated November 3

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

	Time	Class	Emphasis	Studio	Instructor		Time	Class	Emphasis	Studio	Instructor	
SUNDAY	8:15am	Functional Yin Yoga & Deep Stretch	MB	MB	Jason	THURSDAY	5:45am	H.I.I.T.	C-S	GX	Kahra	
	9am	Core & Cardio Intervals	C-S	GX	Susan		7:30am	HIGH Fitness	C	GX	Mackenzie	
	9:30am	Vinyasa Yoga Flow	MB	MB	Jason		8am	Aqua Power	C-S	AQ	Phyllis	
	10am	Strength Express (30 min)	S	GX	Jen		8:30am	Cardio Pump	C-S	GX	Susan	
	10:30am	Insight Yoga	MB	MB	Elise		9am	Physique Fusion	C-S	MB	Laina	
	10:30am	High Fitness	C-D	GX	Jennifer		9am	Aqua Flow	C-S	AQ	Nancee	
MONDAY	5:40am	Insanity	C	GX	Mindy		9:30am	Interval Power Hour	S	GX	Anna	
	8am	Mat Pilates	MB	MB	Mindy		10:30am	Ground and Release Yoga	MB	MB	Chanin	
	8am	Stick Mobility Express (30 min)	F-S	GX	Sarah		10:30am	Core Focus (30 min)	MB	GX	Anna	
	8:15am	Cycle 40/20	C	CS	Barb		11am	Forever Fit	S	GX	Bryce	
	8:30am	RIP Strength	S	GX	Sarah		11:30am	Mat Pilates	MB	MB	Mindy	
	9am	Wet Sweat	C-S	AQ	Marty		5:30pm	Barre Fusion	F-S	GX	Michelle	
	9:15am	Spin & Stretch Express (45 min)	C	CS	Laina		6pm	Cycle	C	MB	Davy	
	9:30am	Tabata	C-S	GX	Kim		6:30pm	Zumba	C-D	GX	Gaby	
	9:30am	TRX Strength & Stability	C-S	MB	Alicia		6:30pm	Aqua Fit	C-S	AQ	Oliva	
	10:30am	Express Strength & Sculpt (30 min)	S	GX	Kim	FRIDAY	8am	Mobility Express (30 min)	F-S	GX	Sarah	
	10:30am	Stretch	F	MB	Kay		8:30am	RIP Strength	S	GX	Sarah	
	12pm	Forever Fit	S	GX	Bryce		8:30am	Yin Yoga	MB	MB	Chanin	
	5:30pm	Zumba	C-D	GX	Danielle		9am	Spin & Stretch (70 min)	C	CS	Laina	
	6pm	Spin & Yin	C-F	CS	Jason		9:30am	Turbo Kick	C	GX	Clara	
6:30pm	Mat Pilates	MB	MB	Kim	9:30am		TRX Strength & Cardio	C-S	MB	Alicia		
6:30pm	Mat Pilates	MB	MB	Kim	10:30am		TRX & Deep Stretch (70 min)	C-S	MB	Alicia		
TUESDAY	5:30am	Cycle	C	CS	Stacy		1pm	T'ai Chi	MB	GX	Craig	
	5:45am	TRX Strength & Cardio	C-S	MB	Kahra		2:10pm	Intermediate T'ai Chi	MB	GX	Craig	
	7:30am	Cardio Pump	C-S	GX	Susan		6pm	Strength & Cycle 30/30	C-S	CS/GX	Jason	
	8am	Core Fusion	MB	MB	Barb	SATURDAY	8:30am	Total Conditioning	C-S	GX	Dave	
	8:30am	Cardio Pump	C-S	GX	Susan		8:30am	Stretch	F	MB	Kay	
	9am	Physique Fusion	C-S	MB	Laina		8:30am	Cycle	C	CS	Davy	
	9am	Aqua Flow	C-S	AQ	Nancee		9:30am	H.I.I.T.	C-S	GX	Shelly	
	9:30am	Interval Power Hour	S	GX	Shelly		10am	Weekend Yoga Flow	MB	MB	Michelle	
	10am	Cycle	C	CS	Laurie		10:30am	Zumba	C-D	GX	Danielle	
	10:30am	Stretch	F	MB	Kay		WEDNESDAY	5:40am	Strength & Stretch Intervals	S	GX	Mindy
	11am	Forever Fit	S	GX	Bryce			8am	Aqua Power	C-S	AQ	Phillip
	5:30pm	TRX Strength	S	MB	Jen	8am		Low-Impact Strength & Cardio	C-S	GX	Susan	
	6:30pm	Circuit Training	C-S	GX	Clara	8am		Pilates	MB	MB	Mindy	
	6:30pm	Aqua Fit	C-S	AQ	Olivia	9am		Express Cycle (45 min)	C-S	CS	Laina	
THURSDAY	5:40am	Insanity	C	GX	Mindy	9am		Vinyasa Yoga Flow	MB	MB	Lesley	
	8am	Mat Pilates	MB	MB	Mindy	9:30am		Cardio Mix	C-S	GX	Kim	
	8am	Stick Mobility Express (30 min)	F-S	GX	Sarah	10:30am		Stretch	F	MB	Kay	
	8:15am	Cycle 40/20	C	CS	Barb	10:30pm		Chair Yoga	MB	GX	Alicia	
	8:30am	RIP Strength	S	GX	Sarah	5:30pm		Zumba	C-D	GX	Danielle	
	9am	Wet Sweat	C-S	AQ	Marty	5:30pm	TRX Circuit Training	C-S	MB	Mauricio		
	9:15am	Spin & Stretch Express (45 min)	C	CS	Laina	6:30pm	Yin Yoga	MB	MB	Chanin		
	9:30am	Tabata	C-S	GX	Kim	6:30pm	Strength & Conditioning	S	GX	Jen		
	9:30am	TRX Strength & Stability	C-S	MB	Alicia	FRIDAY	5:40am	Strength & Stretch Intervals	S	GX	Mindy	
	10:30am	Express Strength & Sculpt (30 min)	S	GX	Kim		8am	Aqua Power	C-S	AQ	Phillip	
10:30am	Stretch	F	MB	Kay	8am		Low-Impact Strength & Cardio	C-S	GX	Susan		
12pm	Forever Fit	S	GX	Bryce	8am		Pilates	MB	MB	Mindy		
5:30pm	Zumba	C-D	GX	Danielle	9am		Express Cycle (45 min)	C-S	CS	Laina		
6pm	Spin & Yin	C-F	CS	Jason	9am		Vinyasa Yoga Flow	MB	MB	Lesley		
6:30pm	Mat Pilates	MB	MB	Kim	9:30am		Cardio Mix	C-S	GX	Kim		
6:30pm	Mat Pilates	MB	MB	Kim	10:30am		Stretch	F	MB	Kay		
SATURDAY	5:30am	Cycle	C	CS	Stacy		10:30pm	Chair Yoga	MB	GX	Alicia	
	5:45am	TRX Strength & Cardio	C-S	MB	Kahra		5:30pm	Zumba	C-D	GX	Danielle	
	7:30am	Cardio Pump	C-S	GX	Susan	5:30pm	TRX Circuit Training	C-S	MB	Mauricio		
	8am	Core Fusion	MB	MB	Barb	6:30pm	Yin Yoga	MB	MB	Chanin		
	8:30am	Cardio Pump	C-S	GX	Susan	6:30pm	Strength & Conditioning	S	GX	Jen		
	9am	Physique Fusion	C-S	MB	Laina	SUNDAY	8:15am	Functional Yin Yoga & Deep Stretch	MB	MB	Jason	
	9am	Aqua Flow	C-S	AQ	Nancee		9am	Core & Cardio Intervals	C-S	GX	Susan	
	9:30am	Interval Power Hour	S	GX	Shelly		9:30am	Vinyasa Yoga Flow	MB	MB	Jason	
	10am	Cycle	C	CS	Laurie		10am	Strength Express (30 min)	S	GX	Jen	
	10:30am	Stretch	F	MB	Kay		10:30am	Insight Yoga	MB	MB	Elise	
11am	Forever Fit	S	GX	Bryce	10:30am		High Fitness	C-D	GX	Jennifer		
5:30pm	TRX Strength	S	MB	Jen	MONDAY		5:40am	Insanity	C	GX	Mindy	
6:30pm	Circuit Training	C-S	GX	Clara			8am	Mat Pilates	MB	MB	Mindy	
6:30pm	Aqua Fit	C-S	AQ	Olivia			8am	Stick Mobility Express (30 min)	F-S	GX	Sarah	
SUNDAY	5:45am	Functional Yin Yoga & Deep Stretch	MB	MB			Jason	8:15am	Cycle 40/20	C	CS	Barb
	7:30am	Core & Cardio Intervals	C-S	GX		Susan	8:30am	RIP Strength	S	GX	Sarah	
	9:30am	Vinyasa Yoga Flow	MB	MB		Jason	9am	Wet Sweat	C-S	AQ	Marty	
	10am	Strength Express (30 min)	S	GX		Jen	9:15am	Spin & Stretch Express (45 min)	C	CS	Laina	
	10:30am	Insight Yoga	MB	MB		Elise	9:30am	Tabata	C-S	GX	Kim	
	10:30am	High Fitness	C-D	GX		Jennifer	9:30am	TRX Strength & Stability	C-S	MB	Alicia	
	MONDAY	5:40am	Insanity	C		GX	Mindy	10:30am	Express Strength & Sculpt (30 min)	S	GX	Kim
		8am	Mat Pilates	MB	MB	Mindy	10:30am	Stretch	F	MB	Kay	
		8am	Stick Mobility Express (30 min)	F-S	GX	Sarah	12pm	Forever Fit	S	GX	Bryce	
		8:15am	Cycle 40/20	C	CS	Barb	5:30pm	Zumba	C-D	GX	Danielle	
8:30am		RIP Strength	S	GX	Sarah	6pm	Spin & Yin	C-F	CS	Jason		
9am		Wet Sweat	C-S	AQ	Marty	6:30pm	Mat Pilates	MB	MB	Kim		
9:15am		Spin & Stretch Express (45 min)	C	CS	Laina	6:30pm	Mat Pilates	MB	MB	Kim		
9:30am		Tabata	C-S	GX	Kim	TUESDAY	5:30am	Cycle	C	CS	Stacy	
9:30am		TRX Strength & Stability	C-S	MB	Alicia		5:45am	TRX Strength & Cardio	C-S	MB	Kahra	
10:30am		Express Strength & Sculpt (30 min)	S	GX	Kim		7:30am	Cardio Pump	C-S	GX	Susan	
10:30am	Stretch	F	MB	Kay	8am		Core Fusion	MB	MB	Barb		
12pm	Forever Fit	S	GX	Bryce	8:30am		Cardio Pump	C-S	GX	Susan		
5:30pm	Zumba	C-D	GX	Danielle	9am		Physique Fusion	C-S	MB	Laina		
6pm	Spin & Yin	C-F	CS	Jason	9am		Aqua Flow	C-S	AQ	Nancee		
6:30pm	Mat Pilates	MB	MB	Kim	9:30am		Interval Power Hour	S	GX	Shelly		
6:30pm	Mat Pilates	MB	MB	Kim	10am		Cycle	C	CS	Laurie		
WEDNESDAY	5:30am	Cycle	C	CS	Stacy		10:30am	Stretch	F	MB	Kay	
	5:45am	TRX Strength & Cardio	C-S	MB	Kahra	11am	Forever Fit	S	GX	Bryce		
	7:30am	Cardio Pump	C-S	GX	Susan	5:30pm	TRX Strength	S	MB	Jen		
	8am	Core Fusion	MB	MB	Barb	6:30pm	Circuit Training	C-S	GX	Clara		
	8:30am	Cardio Pump	C-S	GX	Susan	6:30pm	Aqua Fit	C-S	AQ	Olivia		
	9am	Physique Fusion	C-S	MB	Laina	THURSDAY	5:30am	Cycle	C	CS	Stacy	
	9am	Aqua Flow	C-S	AQ	Nancee		5:45am	TRX Strength & Cardio	C-S	MB	Kahra	
	9:30am	Interval Power Hour	S	GX	Shelly		7:30am	Cardio Pump	C-S	GX	Susan	
	10am	Cycle	C	CS	Laurie		8am	Core Fusion	MB	MB	Barb	
	10:30am	Stretch	F	MB	Kay		8:30am	Cardio Pump	C-S	GX	Susan	
11am	Forever Fit	S	GX	Bryce	9am		Physique Fusion	C-S	MB	Laina		
5:30pm	TRX Strength	S	MB	Jen	9am		Aqua Flow	C-S	AQ	Nancee		
6:30pm	Circuit Training	C-S	GX	Clara	9:30am		Interval Power Hour	S	GX	Shelly		
6:30pm	Aqua Fit	C-S	AQ	Olivia	10am		Cycle	C	CS	Laurie		
THURSDAY	5:30am	Cycle	C	CS	Stacy		10:30am	Stretch	F	MB	Kay	
	5:45am	TRX Strength & Cardio	C-S	MB	Kahra	11am	Forever Fit	S	GX	Bryce		
	7:30am	Cardio Pump	C-S	GX	Susan	5:30pm	TRX Strength	S	MB	Jen		
	8am	Core Fusion	MB	MB	Barb	6:30pm	Circuit Training	C-S	GX	Clara		
	8:30am	Cardio Pump	C-S	GX	Susan	6:30pm	Aqua Fit	C-S	AQ	Olivia		
	9am	Physique Fusion	C-S	MB	Laina	FRIDAY	5:30am	Cycle	C	CS	Stacy	
	9am	Aqua Flow	C-S	AQ	Nancee		5:45am	TRX Strength & Cardio	C-S	MB	Kahra	
	9:30am	Interval Power Hour	S	GX	Shelly		7:30am	Cardio Pump	C-S	GX	Susan	
	10am	Cycle	C	CS	Laurie		8am	Core Fusion	MB	MB	Barb	
	10:30am	Stretch	F	MB	Kay		8:30am	Cardio Pump	C-S	GX	Susan	
11am	Forever Fit	S	GX	Bryce	9am		Physique Fusion	C-S	MB	Laina		
5:30pm	TRX Strength	S	MB	Jen	9am		Aqua Flow	C-S	AQ	Nancee		
6:30pm	Circuit Training	C-S	GX	Clara	9:30am		Interval Power Hour	S	GX	Shelly		
6:30pm	Aqua Fit	C-S	AQ	Olivia	10am		Cycle	C	CS	Laurie		
FRIDAY	5:30am	Cycle	C	CS	Stacy		10:30am	Stretch	F	MB	Kay	
	5:45am	TRX Strength & Cardio	C-S	MB	Kahra	11am	Forever Fit	S	GX	Bryce		
	7:30am	Cardio Pump	C-S	GX	Susan	5:30pm	TRX Strength	S	MB	Jen		
	8am	Core Fusion	MB	MB	Barb	6:30pm	Circuit Training	C-S	GX	Clara		
	8:30am	Cardio Pump	C-S	GX	Susan	6:30pm	Aqua Fit	C-S	AQ	Olivia		
	9am	Physique Fusion	C-S	MB	Laina	SATURDAY	5:30am	Cycle	C	CS	Stacy	
	9am	Aqua Flow	C-S	AQ	Nancee		5:45am	TRX Strength & Cardio	C-S	MB	Kahra	
	9:30am	Interval Power Hour	S	GX	Shelly		7:30am	Cardio Pump	C-S	GX	Susan	
	10am	Cycle	C	CS	Laurie		8am	Core Fusion	MB	MB	Barb	
	10:30am	Stretch	F	MB	Kay		8:30am	Cardio Pump	C-S	GX	Susan	
11am	Forever Fit	S	GX	Bryce	9am		Physique Fusion	C-S	MB	Laina		
5:30pm	TRX Strength	S	MB	Jen	9am		Aqua Flow	C-S	AQ	Nancee		
6:30pm	Circuit Training	C-S	GX	Clara	9:30am		Interval Power Hour	S	GX	Shelly		
6:30pm	Aqua Fit	C-S	AQ	Olivia	10am		Cycle	C	CS	Laurie		
SATURDAY	5:30am	Cycle	C	CS	Stacy		10:30am	Stretch	F	MB	Kay	
	5:45am	TRX Strength & Cardio	C-S	MB	Kahra	11am	Forever Fit	S	GX	Bryce		
	7:30am	Cardio Pump	C-S	GX	Susan	5:30pm	TRX Strength	S	MB	Jen		
	8am	Core Fusion	MB	MB	Barb	6:30pm	Circuit Training	C-S	GX	Clara		
	8:30am	Cardio Pump	C-S	GX	Susan	6:30pm	Aqua Fit	C-S	AQ	Olivia		
	9am	Physique Fusion	C-S	MB	Laina	SUNDAY	5:30am	Cycle	C	CS	Stacy	
	9am	Aqua Flow	C-S	AQ	Nancee		5:45am	TRX Strength & Cardio	C-S	MB	Kahra	
	9:30am	Interval Power Hour	S	GX	Shelly		7:30am	Cardio Pump	C-S	GX	Susan	
	10am	Cycle	C	CS	Laurie		8am	Core Fusion	MB	MB	Barb	
	10:30am	Stretch	F	MB	Kay		8:30am	Cardio Pump	C-S	GX	Susan	
11am	Forever Fit	S	GX	Bryce	9am		Physique Fusion	C-S	MB	Laina		
5:30pm	TRX Strength	S	MB	Jen	9am		Aqua Flow	C-S	AQ	Nancee		
6:30pm	Circuit Training	C-S	GX	Clara	9:30am		Interval Power Hour	S	GX	Shelly		
6:30pm	Aqua Fit	C-S	AQ	Olivia	10am		Cycle	C	CS	Laurie		
SUNDAY	5:30am	Cycle	C	CS	Stacy		10:30am	Stretch	F	MB	Kay	
	5:45am	TRX Strength & Cardio	C-S	MB	Kahra	11am	Forever Fit	S	GX	Bryce		
	7:30am	Cardio Pump	C-S	GX	Susan	5:30pm	TRX Strength	S	MB	Jen		
	8am	Core Fusion	MB	MB	Barb	6:30pm	Circuit Training	C-S	GX	Clara		
	8:30am	Cardio Pump	C-S	GX	Susan	6:30pm	Aqua Fit	C-S	AQ	Olivia		
	9am	Physique Fusion	C-S	MB	Laina	MONDAY	5:30am	Cycle	C	CS	Stacy	
	9am	Aqua Flow	C-S	AQ	Nancee		5:45am	TRX Strength & Cardio	C-S	MB	Kahra	
	9:30am	Interval Power Hour	S	GX	Shelly		7:30am	Cardio Pump	C-S	GX	Susan	
	10am	Cycle	C	CS	Laurie		8am	Core Fusion	MB	MB	Barb	
	10:30am	Stretch	F	MB	Kay		8:30am	Cardio Pump	C-S	GX	Susan	
11am	Forever Fit	S	GX	Bryce	9am		Physique Fusion	C-S	MB	Laina		
5:30pm	TRX Strength	S	MB	Jen	9am		Aqua Flow	C-S	AQ	Nancee		
6:30pm	Circuit Training	C-S	GX	Clara	9:30am		Interval Power Hour	S	GX	Shelly		
6:30pm	Aqua Fit	C-S	AQ	Olivia	10am		Cycle	C	CS	Laurie		
MONDAY	5:30am	Cycle	C	CS	Stacy		10:30am	Stretch	F	MB	Kay	
	5:45am	TRX Strength & Cardio	C-S	MB	Kahra	11am	Forever Fit	S	GX			

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 are held every Wednesday and Saturday at 1pm. Register on the app or website.

Questions?
Sarah Amonson, 314.442.3210, samonson@jccstl.org