

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	8am	Total Conditioning	C-S	GX	Clara
	9:20am	Cycle	C	CS	Brett
	9:30am	Mat Pilates	MB	MB	Lynda
	10:30am	Restorative Roll & Recovery	MB	MB	Leigh
	11:30am	Zumba	C-D	GX	Rocio
	11:30am	Hatha Yoga - Level 1-2	MB	MB	Maria
MONDAY	8:30am	Zumba	C	GX	Rina
	9am	Low Impact Total Body Workout	C-S	FF	Joe
	9:30am	High Low	C-D	GX	Karalee
	9:30am	Greatest H.I.I.T.S. Cycle	C	CS	Jill
	10:30am	Forever Fit	C-S	GX	Cathleen
	10:30am	Tai Chi	MB	MB	Judy
	11:30am	Gentle Yoga	MB	MB	Katherine
	1pm	Stick Mobility & Balance	MB	GX	Kevin
	4pm	Form-Focused Strength	S	GX	Denny
	5:30pm	Evening Yoga Flow	MB	MB	Katherine
	5:30pm	High Low	C-D	GX	Jen
	6:30pm	Swing	D	MB	Tal
TUESDAY	7:30am	Strength & Conditioning	S	GX	Sarah
	8:30am	Strength & Conditioning	S	GX	Sarah
	8:30am	Mat Pilates	MB	MB	Lisa K.
	9:30am	Circuit Training	C-S	GX	Clara
	10:30am	Forever Fit	C-S	GX	Cathleen
	10:30am	Gentle Pilates	MB	MB	Stacia
	11:30am	Gentle Yoga	MB	MB	Stacia
	11:30am	Tai Chi	MB	GX	Judy
	5:30pm	Hatha Yoga - Level 1-2	MB	MB	Nivi
	6:30pm	Zumba	C-D	GX	Mary
	7pm	Tango 101	D	MB	Tal
	8pm	Tango 102	D	GX	Tal

NOTES

- Class spots are reserved online. Reservations may be made 48 hours in advance. Schedule is subject to change
- 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.
- **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.

Over please



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	Time	Class	Emphasis	Studio	Instructor
WEDNESDAY	8:30am	Strength Foundations	S	GX	Dennny
	9am	Low Impact Total Body Workout	C-S	FF	Joe
	9:30am	High Energy Cycle	C	CS	Jamie
	9:30am	Zumba	C	GX	Rina
	10:30am	Forever Fit	C-S	GX	Lisa
	10:30am	Intermediate T'ai Chi	MB	MB	Judy
	11:30am	Tai Chi	MB	GX	Judy
	11:30am	Gentle Yoga	MB	MB	Michelle
	1pm	Stick Mobility & Balance	MB	GX	Kevin
	5:30pm	Zumba	C-D	GX	Heather
THURSDAY	7:30am	Morning Meditation	MB	MB	Amanda
	8:30am	Core Confident	S	MB	Katherine
	9:30am	Pilates	MB	MB	Lynda
	10:30am	Forever Fit	C-S	GX	Leigh
	11:30am	Gentle Yoga	MB	MB	Stacia
	1pm	Ballet Balance	D	MB	Michelle B
	1pm	Better Balance	MB	GX	AJ
	6:30pm	Gentle Yoga	MB	MB	Carley
FRIDAY	8:30am	Express Cycle	C	CS	Jill
	8:30am	Zumba	C	GX	Gaby
	8:30am	Hatha Yoga - Level 1-2	MB	MB	Steve
	9:30am	Stretch & Roll	F	MB	Heather
	10:30am	Stretch	F	MB	Kay
	10:30am	Forever Fit	C-S	GX	Cathleen
SATURDAY	9:30am	Turbo Kick	C	GX	Clara
	10:30am	Cardio Dance	C-D	GX	Heather
	11am	Stretch & Roll	F	MB	Maria H.
	1pm	Hatha Yoga - Level 1-2	MB	MB	Maria
	1pm	Zumba	C-D	GX	Eileen

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		