

2025 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur

Updated November 3

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

SUNDAY	Time	Class	Emphasis	Studio	Instructor	WEDNESDAY	Time	Class	Emphasis	Studio	Instructor	
	8am	Total Conditioning	C-S	GX	Clara		6am	CycleLogic	C-F	CS	Heather	
	8:15am	Insanity	C	MB	Ashley		7:30am	PiYo	C-S	GX	Sarah	
	9am	Step	C-S	GX	Kevin		8:30am	Express Cycle (45 min)	C	CS	Laurie	
	9:20am	Cycle	C-S	CS	Brett		8:30am	Form Focused Strength	S	GX	Denny	
	9:30am	Mat Pilates	MB	MB	Lynda		8:30am	Glute & Core Strength	S	MB	Andrea	
	10:30am	Extreme Conditioning	C-S	GX	Maria		9am	Low Impact Total Body Workout	C-S	FIT	Joe	
	10:30am	Restorative Roll & Recovery	MB	MB	Leigh		9am	Aqua Fit	C-S	AQ	Julie	
	11:30am	Zumba	C-D	GX	Rocio		9:30am	High Energy Cycle	C	CS	Jamie	
	11:30am	Hatha Yoga - Level 1-2	MB	MB	Maria		9:30am	Tabata & Core	C	MB	Clara	
MONDAY	5:45am	RIP Strength	S	GX	Lauren	9:30am	Zumba	C-D	GX	Rina		
	8:30am	Zumba	C-D	GX	Rina	10:30am	Forever Fit	C-S	GX	Lisa		
	8:30am	PiYo	C-S	MB	Jill	10:30am	Intermediate T'ai Chi	MB	MB	Judy		
	8:30am	TRX	S	PTS	Jen	11am	Aqua Fit	F	AQ	Stephanie		
	9am	Low Impact Total Body Workout	C-S	FIT	Joe	11:30am	Gentle Yoga (75 min)	MB	MB	Michelle		
	9am	Aqua Flow	C-S	AQ	Julie	11:30am	T'ai Chi	MB	GX	Judy		
	9:30am	High Low	C-D	GX	Karalee	1pm	Chair Yoga	MB	MB	Joy		
	9:30am	Standing Abs & Cardio	C-S	MB	Leigh	5:30pm	Hatha Yoga - Level 2-3	MB	MB	Jason		
	9:30am	Greatest H.I.I.T.S. Cycle	C	CS	Jill	5:30pm	Zumba	C-D	GX	Heather		
	10:30am	Forever Fit	C-S	GX	Cathleen	6pm	Cycle	C	CS	Davy		
TUESDAY	10:30am	T'ai Chi	MB	MB	Judy	6:15pm	Aqua Power Deep	C-S	AQ	Stephanie		
	11am	Aqua Fit	F	AQ	Stephanie	6:30pm	Functional Yin & Deep Stretch	MB	MB	Jason		
	11:30am	Gentle Yoga	MB	MB	Katherine	6:30pm	STRONG Nation	C-S	GX	Katie		
	12pm	Crunch Time TRX	C-S	SFX	AJ	7:30pm	Body Weight Strength	C-S	GX	Gyasi		
	1pm	Better Balance	MB	GX	AJ	6am	H.I.I.T.	C	GX/Gym	Patty		
	4pm	Form-Focused Strength	S	GX	Denny	6am	Hatha Yoga - Level 2-3	MB	MB	Heather		
	5:30pm	Evening Yoga Flow	MB	MB	Katherine	7:30am	Stick Mobility & Strength	S	GX	Kevin		
	5:30pm	High Low	C-D	GX	Jen	7:30am	Morning Meditation	MB	MB	Amanda		
	6pm	Cycle Express (45 min)	C	CS	Patty	8:30am	Strength & Conditioning	S	GX	Lisa		
	6:15pm	Aqua Power Deep	C-S	AQ	Stephanie	8:30am	Core Confident	MB	MB	Katherine		
WEDNESDAY	6:30pm	Strength & Conditioning	S	GX	Jen	9:30am	High Fitness	C-D	GX	Karalee		
	6:30pm	Swing	D	MB	Tal	9:30am	Pilates	MB	MB	Lynda		
	6am	Express Cycle (45 min)	C	CS	Patty	9:30am	Cycle & Core	C	CS	Laurie		
	6am	Body Weight Strength	S	GX	Gyasi	10:30am	Forever Fit	C-S	GX	Leigh		
	7:30am	Strength & Conditioning	S	GX	Sarah	11am	Aqua Fit	C-S	AQ	Stephanie		
	8:30am	Strength & Conditioning	S	GX	Sarah	11:30am	Gentle Yoga	MB	MB	Stacia		
	8:30am	Mat Pilates	MB	MB	Lisa K.	1pm	Ballet for Balance	D	MB	Michelle B.		
	9am	Swim Boot Camp	C-S	AQ	Julie	1pm	Better Balance	MB	GX	AJ		
	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	4pm	Yoga for Cancer	MB	MB	Stacia		
THURSDAY	9:30am	The Inner Ride	C	CS	Heather	5:30pm	R.I.P.P.E.D.	C-S	GX	Clara		
	10:30am	Gentle Pilates	MB	MB	Stacia	6:30pm	Total Conditioning	C-S	GX	Patty		
	10:30am	Forever Fit	C-S	GX	Cathleen	6:30pm	Gentle Yoga	MB	MB	Carley		
	11am	Aqua Fit	C-S	AQ	Stephanie	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	7:30am	Glute & Core Strength	S	GX	Ria		
	5:30pm	Hatha Yoga - Level 1-2 (70 min)	MB	MB	Nivi	8:30am	Zumba	C-D	GX	Gaby		
	6pm	Zumba	C-D	GX	Mary	8:30am	Express Cycle (45 min)	C	CS	Jill		
	7pm	CIRCL Mobility™	F-S	GX	Mary	8:30am	Slow Burn	S	MB	Andrea		
	7pm	Tango 101	D	MB	Tal	9am	Aqua Fit	C-S	AQ	Julie		
FRIDAY	8pm	Tango 102	D	GX	Tal	9:30am	Stretch & Roll	F	MB	Heather		
	6am	Express Cycle (45 min)	C	CS	Patty	9:30am	Cardio Sculpt & Stretch	C-S	GX	Leigh		
	6am	Body Weight Strength	S	GX	Gyasi	9:30am	Power Hour Cycle	C	CS	Lisa		
	7:30am	Strength & Conditioning	S	GX	Sarah	10:30am	Forever Fit	C-S	GX	Cathleen		
	8:30am	Strength & Conditioning	S	GX	Sarah	10:30am	Stretch	F	MB	Kay		
	8:30am	Mat Pilates	MB	MB	Lisa K.	11am	Aqua Fit	C-S	AQ	Stephanie		
	9am	Swim Boot Camp	C-S	AQ	Julie	12pm	Crunch Time TRX	S-C	PTS	Jen		
	9:30am	Cardio Barre Fusion	C-S	MB	Leigh	5:30pm	High Low	C-D	GX	Lara		
	9:30am	Circuit Training	C-S	GX	Clara	7:30am	RIP Strength	S	GX	Lauren		
	9:30am	The Inner Ride	C	CS	Heather	8:15am	Swim Boot Camp	C-S	AQ	Julie		
SATURDAY	10:30am	Gentle Pilates	MB	MB	Stacia	8:15am	Barre Fusion	C-S	MB	Patty		
	10:30am	Forever Fit	C-S	GX	Cathleen	8:30am	P90-X	C-S	GX	Ashley		
	11am	Aqua Fit	C-S	AQ	Stephanie	9:30am	Hatha Yoga - Level 2-3 (90 min)	MB	MB	Maria		
	12pm	Crunch Time TRX	S-C	PTS	Jen	9:30am	Turbo Kick	C	GX	Clara		
	5:30pm	High Low	C-D	GX	Lara	9:30am	Power Hour Cycle	C	CS	Patty		
	7:30am	RIP Strength	S	GX	Lauren	10:30am	Cardio Dance	C-D	GX	Heather		
	8:15am	Swim Boot Camp	C-S	AQ	Julie	11am	Stretch & Roll	F	MB	Maria H.		
	8:15am	Barre Fusion	C-S	MB	Patty	1pm	Hatha Yoga - Level 1-2 (90 min)	MB	MB	Maria		
	8:30am	P90-X	C-S	GX	Ashley	1pm	Zumba	C-D	GX	Eileen		
	9:30am	Hatha Yoga - Level 2-3 (90 min)	MB	MB	Maria							
Emph.	C: Cardio	C-S: Cardio & Strength	MB: Mind & Body			Studio	GX: Group Ex Studio	CS: Cycle Studio	AQ: Indoor Pool	PTS: Performance Training Studio		
	F: Flexibility	F-S: Flexibility & Strength	S: Strength				MB: Mind/Body Studio	FIT: Fitness Floor	SFC: Signature FX Studio			
	D: Dance	C-D: Cardio Dance	CF: Cardio Flexibility									
Stay up to date with the Fitness schedule!												
Notes												
	View the latest schedule			Group Ex at the J on Facebook			Download the J App					
	- 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. Schedule is subject to change. - Classes have capacity limits: GX = 25; MB = 18; Cycle = 15. - If you “no-show” multiple times, your ability to reserve a spot may be restricted. - Pink is part of The Hamsa Wellness Community. The class addresses the specific physical and emotional needs left by cancer and its treatments.											