

2026 WINTER-SPRING FITNESS & AQUATICS GROUP EX SCHEDULE

Marilyn Fox Building - Chesterfield

Effective January 5

\*Asterisk indicates new class, new time and/or new instructor.

	Time	Class	Studio	Instructor		Time	Class	Studio	Instructor
SUNDAY	8am*	Wet Sweat	AQ	Phillip	THURSDAY	5:45am	H.I.I.T.	GX	Kahra
	8:15am	Yin Yoga	MB	Jason		7:30am	High Fitness	GX	Mack
	8:30am*	Cycle Rhythm	CS	Sol		8am	Aqua Power	AQ	Phyllis
	9am	Cardio + Core	GX	Susan		8:30am	Cardio Pump	GX	Susan
	9:30am	Vinyasa Yoga Flow	MB	Jason		9am	Aqua Flow	AQ	Nancee
	10am	Strength Express (30 min)	GX	Jen		9:30am*	Barre Blend (45 min)	MB	Ria
	10:30am*	Gentle Yoga	MB	Lisa		9:30am	Strength + Cardio	GX	Anna
	10:30am	High Fitness	GX	Jen		10:30am	Gentle Yoga	MB	Chanin
MONDAY					FRIDAY	10:30am	Glutes + Core Express (30 min)	GX	Anna
	5:40am	Insanity	GX	Mindy		11am	Forever Fit	GX	Bryce
	8am*	Strength + Mobility Express (30 min)	GX	Sarah		5:30pm	Barre Blend	MB	Michelle
	8am	Mat Pilates	MB	Mindy		5:30pm*	Cycle Foundations (25 min)	CS	Davy
	8am*	Wet Sweat	AQ	Phillip		5:30pm*	Tai Chi Foundations (25 min)	MB	Chots
	8am	Cycle 40/20	CS	Barb		6pm	Cycle Rhythm	CS	Davy
	8:30am	RIP Strength	GX	Sarah		6pm*	Tai Chi	MB	Chots
	9:15am*	Cycle + Stretch (70 min)	CS	Laina	SATURDAY	6pm	Aqua Fit	AQ	Olivia
TUESDAY	9:30am*	Tabata + Core	GX	Anna		6:30pm	Zumba	GX	Gaby
	9:30am*	Glutes + Core	MB	Alicia					
	10:30am	Stretch	MB	Kay		5:40am*	H.I.I.T. Pilates	GX	Mindy
	12pm	Forever Fit	GX	Bryce		8am	Strength + Mobility Express (30 min)	GX	Sarah
	5:30pm	Zumba	GX	Danielle		8:30am	RIP Strength	GX	Sarah
	5:30pm*	Glutes + Core	MB	Andrea		8:30am	Yin Yoga	MB	Chanin
	5:45pm*	Cycle Express (45 min)	CS	Patty		9am	Cycle + Stretch (70 min)	CS	Laina
	6:30pm	Mat Pilates	MB	Kim		9:30am	Turbo Kick	GX	Clara
WEDNESDAY						9:30am	TRX Strength + Cardio	MB	Alicia
	5:30am	Cycle 40/20	CS	Stacy		10:30am*	Stretch Express (30 min)	MB	Alicia
	5:45am	TRX Strength + Cardio	GX	Kahra		11am*	Forever Fit	GX	Alicia
	7:30am	Cardio Pump	GX	Susan		1pm	Tai Chi	GX	Craig
	8am	Core Fusion	MB	Barb		2pm	Intermediate Tai Chi	GX	Craig
	8:30am	Cardio Pump	GX	Susan					
	9am	Aqua Flow	AQ	Nancee		8:30am	Total Conditioning	GX	Dave
	9:30am*	Total Conditioning	GX	Shelly		8:30am	Stretch (75 min)	MB	Kay
THURSDAY	9:30am*	Barre Blend (45 min)	MB	Mindy		8:30am	Cycle Rhythm	CS	Davy
	9:30am*	Cycle Rhythm	CS	Laurie		9:30am	H.I.I.T.	GX	Shelly
	10:30am	Stretch	MB	Kay		10:30am	Weekend Yoga Flow (75 min)	MB	Michelle
	11am	Forever Fit	GX	Bryce		10:30am	Zumba	GX	Danielle
	5:30pm	TRX Total Strength	MB	Katherine					
	6:30pm*	Stretch	MB	Katherine					
	6:30pm	Aqua Fit	AQ	Olivia					
	6:30pm	Total Conditioning	GX	Clara					
FRIDAY									
	5:40am	Strength + Stretch	GX	Mindy					
	7:30am	Cardio + Core	GX	Susan					
	8am	Aqua Power	AQ	Phillip					
	8am	Mat Pilates	MB	Mindy					
	8:30am*	Strength & Conditioning	GX	Randi					
	9am	Cycle 40/20	CS	Laina					
	9am	Vinyasa Yoga Flow	MB	Lesley					
SATURDAY	9:30am*	Total Conditioning	GX	Alicia					
	10:30am	Stretch	MB	Kay					
	5:30pm	Zumba	GX	Randi					
	5:30pm	TRX Strength + Cardio	MB	Mauricio					
	6:30pm	Yin Yoga	MB	Chanin					
	6:30pm	Strength & Conditioning	GX	Jen					

Notes

Category-Emphasis Color Key

Strength & Conditioning	Cycle
Cardio Specialties & Kickboxing	Aqua
Low-Impact, Senior Friendly	Mind-Body & Yoga
Ballet, Barre & Dance	

Class Location

GX: Group Ex Studio	CS: Cycle Studio
AQ: Indoor Pool	MB: Mind/Body Studio

Spots must be reserved online. Reservations may be made 48 hours in advance.

Late arrivals are not permitted for full classes, and not after 5 minutes for all other classes.

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.

Stay up to date with the Fitness schedule!

View the latest schedule

View class descriptions

Download the J App

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

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

jccstl.com

# Marilyn Fox Building - Group Ex Class Descriptions

**Barre Blend:** A lively blend of pilates, ballet conditioning, and light cardio designed to strengthen your core, sculpt lean muscles, and improve flexibility. No dance experience required.

**Cardio + Core:** A feel-good blend of standing core work and energizing cardio. Includes options for both low and high impact, finishing with mat-based core strengthening.

**Cardio Pump:** A low-intensity aerobic class combining strength and endurance, joint stability and mobility, balance and flexibility. Suitable for all levels.

**Cycle + Stretch (70 min):** A fast, efficient, power-packed ride designed to maximize results in minimal time. Expect power-focused intervals, hills, and speed drills to give a low-impact variety to your workout routine. Finish with 25 minutes of mat-based stretches to aid in recovery.

**Cycle 40/20:** Start with 40 minutes of upbeat cycling, then transition to 20 minutes of core work, balance training, and stretching for a well-rounded finish.

**Cycle Express (45 min):** A fast, efficient, power-packed ride designed to maximize results in minimal time. Expect power-focused intervals, hills, and speed drills to give a low-impact variety to your workout routine.

**Cycle Foundations:** A beginner-friendly introduction to indoor cycling. Learn proper setup, technique, and pacing in a fun, music-driven environment. Easy on the joints, great for building cardio fitness.

**Cycle Rhythm:** A music-driven indoor cycling class where you ride to the beat. Boost your cardio endurance and stay motivated with high-energy playlists and instructor-led rhythm coaching.

**Forever Fit:** A low-intensity cardio class which combines strength and endurance, joint stability/mobility and balance/flexibility. Designed with seniors in mind, this fun class is also great for beginners.

**Glutes + Core:** Target the muscles that power your posture, balance, and daily movement. This class strengthens your glutes and core with accessible exercises for all levels.

**HIIT:** Quick bursts of cardio and strength followed by short rest periods. A fast, effective workout with beginner-friendly options provided.

**High Fitness:** This energetic, music-based workout combines traditional, low-impact aerobics movements with higher impact plyometric movements to create a comprehensive fitness routine that supports heart health and weight loss. No jumping is required to enjoy the class and get a great workout! When in doubt, we take the jump out.

**Insanity:** A powerful bodyweight H.I.I.T. workout using cardio circuits, plyometrics, and high-intensity intervals. Work at your own pace as you build strength and stamina.

**Intermediate Tai Chi:** Continue learning Tai Chi for Arthritis--Part 2--while exploring deeper principles, improved transitions, and enhanced mind-body connection.

**Mat Pilates:** A progressive series of exercises designed to increase the strength of your body’s core (abdominals, back, gluteus and hips) while lengthening the muscles. Classes are “multi-level” unless noted.

**RIP Strength:** A motivating barbell-based strength class using music and simple, effective training patterns. Improves muscle tone, endurance, and overall strength. Suitable for all levels.

**Strength & Conditioning:** A dynamic mix of resistance training and muscle-endurance circuits that challenges every major muscle group. Great for those wanting a complete strength workout.

**Strength + Mobility:** A supportive class focused on improving strength, joint mobility, balance and coordination. Helps you move more freely and comfortably in daily life. Suitable for beginners.

**Strength + Stretch:** Challenge your total body strength in this class through intervals of resistance training to work all major muscle groups. Stretching exercises will also be provided to help improve flexibility and mobility.

**Strength Express (30 min):** Work every major muscle group in the body using resistance training and equipment along with body weight moves in this express workout.

**Stretch:** Improve flexibility and range of motion through gentle stretching techniques. Great for reducing stiffness and supporting healthy movement.

**Tabata + Core:** Short, energized cardio intervals (20 seconds on, 10 second rest) combined with focused core strengthening. Quick, effective, and customizable for all levels.

**Tai Chi:** Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that’s now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

**Tai Chi Fundamentals:** A gentle, flowing form of movement often described as “meditation in motion.” Improves balance, coordination, and joint health. Excellent for fall prevention and stress reduction.

**Total Conditioning:** A high-energy, low impact workout combining strength, cardio, and core movements using steps, weights, and bodyweight. A full-body class with options for beginners.

**TRX Strength + Cardio:** This class uses suspension training TRX straps to challenge your core strength while building cardiovascular and muscular endurance.

**TRX Total Strength:** Suspension-based strength training workout that builds balance, power and functional fitness using bodyweight resistance and free weights with options for beginners.

**Turbo Kick:** A fun, high-energy cardio kickboxing class with easy-to-follow combinations. Boosts endurance, coordination, and confidence.

**Zumba:** Zumba is a Latin rhythm inspired fitness class for every body! With a mixture of low-intensity and high-intensity moves, the Zumba experience is a calorie-burning fitness party. The elements of fitness-cardio, muscle conditioning, balance and flexibility creates an energy boosting total workout.

## Yoga Classes

Choose a suitable level for your yoga skills as you start your practice or further your abilities. Yoga builds strength, boosts flexibility and increases balance through breathing techniques and postures.

**Gentle Yoga:** A soothing class featuring gentle stretches, slow movement, and deep relaxation. Great for reducing stress, improving mobility, and supporting overall well-being.

**Vinyasa Yoga Flow:** Link your breath to continuous flows of movement and poses to build heat, strength and flexibility. Suitable for anyone interested in an energizing yoga practice.

**Yin Yoga:** A quiet, restorative practice with long-held seated or lying poses (2-5 minutes). Reduces stress, improves flexibility, and supports joint health.

## Aquatic Classes

**Aqua Fit:** Moderate-impact, water-specific exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment.

**Aqua Flow:** Exercise with the aid of the water’s buoyancy and resistance can help improve joint flexibility. Good choice for those participants with arthritis, rehabbing or new to aqua fitness.

**Aqua Power:** Exercise with the aid of the water’s buoyancy and resistance can help improve joint flexibility. Good choice for those participants with arthritis, rehabbing or new to aqua fitness.

**Wet Sweat:** A cardio workout involving challenging intervals in aerobics/ along with weight sculpting and calisthenics. This class is fun and energizing; a combination of water cardio for all levels.