

2026 WINTER-SPRING FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur Effective January 5
Asterisk indicates new class, new time and/or new instructor.

| | Time | Class | Studio | Instructor |
|-----------|---------|---------------------------|--------|------------|
| SUNDAY | 8am | Total Conditioning | GX | Clara |
| | 8:15am | Insanity | MB | Ashley |
| | 9am | Step | GX | Kevin |
| | 9:20am | Cycle Rhythm | CS | Brett |
| | 9:30am | Mat Pilates | MB | Maria |
| | 10:30am | Extreme Conditioning | GX | Maria |
| | 10:30am | Stretch & Roll | MB | Leigh |
| | 11:30am | Zumba | GX | Rocio |
| MONDAY | 11:30am | Hatha Yoga Foundations | MB | Maria |
| | 5:45am | RIP Strength | GX | Lauren |
| | 8:30am | Zumba | GX | Rina |
| | 8:30am | PiYo | MB | Jill |
| | 8:30am | TRX Total Strength | PTS | Jen |
| | 9am | Aqua Fit | AQ | Julie |
| | 9am | Low Impact Basics | GYM | Joe |
| | 9:30am | High Low | GX | Karalee |
| TUESDAY | 9:30am | Cardio + Core | MB | Leigh |
| | 9:30am | Cycle Power | CS | Jill |
| | 10:30am | Forever Fit | GX | Cathleen |
| | 10:30am | Tai Chi | MB | Judy |
| | 11am | Aqua Fit | AQ | Stephanie |
| | 11:30am | Gentle Yoga (75 min) | MB | Katherine |
| | 12pm | TRX Total Strength | PTS | AJ |
| | 1pm | Gentle Balance + Mobility | MB | AJ |
| WEDNESDAY | 4pm | Strength Fundamentals | GX | Denny |
| | 5:30pm | Evening Yoga Flow | MB | Katherine |
| | 5:30pm | High Low | GX | Jen |
| | 6:30pm | Strength & Conditioning | GX | Jen |
| | 6:30pm | Swing Dance | MB | Tal |
| | 7:30pm* | Evening Mediation | MB | Amanda |
| | 6am | Express Cycle (45 min) | CS | Patty |
| | 6am | Body Weight Strength | GX | Gyasi |
| THURSDAY | 7:30am* | Stretch | MB | Kay |
| | 7:30am | Strength & Conditioning | GX | Sarah |
| | 8:30am | Mat Pilates | MB | Andrea |
| | 8:30am | Strength & Conditioning | GX | Sarah |
| | 9am | Swim Boot Camp | AQ | Julie |
| | 9:30am | Barre Blend | MB | Leigh |
| | 9:30am | Total Conditioning | GX | Clara |
| | 9:30am | Cycle Synergy | CS | Heather |
| FRIDAY | 10:15am | Aqua Strength | AQ | Julie |
| | 10:30am | Gentle Pilates | MB | Stacia |
| | 10:30am | Forever Fit | GX | Cathleen |
| | 11am | Aqua Fit | AQ | Stephanie |
| | 11:30am | Gentle Yoga (75 min) | MB | Stacia |
| | 11:30am | Tai Chi | GX | Judy |
| | 5:30pm | Hatha Yoga Foundations | MB | Nivi |
| | 6pm | Zumba | GX | Mary |
| SATURDAY | 7pm | Beginning Tango | GX | Tal |

| | Time | Class | Studio | Instructor |
|-----------|---------|----------------------------------|--------|------------|
| SUNDAY | 6am | Sunrise Yoga Flow | MB | Heather |
| | 7:30am | PiYo | GX | Sarah |
| | 8:30am | Express Cycle (45 min) | CS | Laurie |
| | 8:30am | Strength Fundamentals | GX | Denny |
| | 8:30am | Glutes + Core | MB | Andrea |
| | 9am | Low Impact Basics | GYM | Joe |
| | 9am | Aqua Fit | AQ | Julie |
| | 9:30am | Cycle Rhythm | CS | Jamie |
| MONDAY | 9:30am | Tabata + Core | MB | Clara |
| | 9:30am | Zumba | GX | Rina |
| | 10:30am | Forever Fit | GX | Lisa |
| | 10:30am | Intermediate Tai Chi | MB | Judy |
| | 11am | Aqua Fit | AQ | Stephanie |
| | 11:45am | Gentle Yoga | MB | Carley |
| | 1pm | Chair Yoga | MB | Joy |
| | 4pm* | Strength + Mobility | GX | AJ |
| TUESDAY | 5:30pm | Hatha Yoga Intermediate | MB | Jason |
| | 5:30pm | Zumba | GX | Heather |
| | 5:30pm* | Cycle Foundations | CS | Davy |
| | 6pm | Cycle Rhythm | CS | Davy |
| | 6:15pm | Aqua Power Deep | AQ | Stephanie |
| | 6:30pm | Yin Yoga | MB | Jason |
| | 6:30pm | STRONG Nation | GX | Katie |
| | 7:30pm | Body Weight Strength | GX | Gyasi |
| WEDNESDAY | 6am | H.I.I.T. | GX | Patty |
| | 6am | Hatha Yoga Intermediate | MB | Heather |
| | 7:30am | Morning Meditation | MB | Amanda |
| | 7:30am | Strength & Conditioning | GX | Lisa |
| | 8:30am | Strength & Conditioning | GX | Lisa |
| | 8:30am | Core Complete | MB | Katherine |
| | 9:30am | High Fitness | GX | Karalee |
| | 9:30am | Mat Pilates | MB | Mary |
| THURSDAY | 9:30am | Cycle 40/20 | CS | Laurie |
| | 10:30am | Forever Fit | GX | Leigh |
| | 11am | Aqua Fit | AQ | Stephanie |
| | 11:30am | Gentle Yoga (75 min) | MB | Stacia |
| | 1pm | Ballet Fit | MB | Michelle |
| | 1pm | Gentle Balance + Mobility | GX | AJ |
| | 2pm | Aqua Chi | AQ | Stephanie |
| | 4pm | Yoga for Cancer | MB | Stacia |
| FRIDAY | 5:30pm | R.I.P.P.E.D. | GX | Clara |
| | 6:30pm | Gentle Yoga | MB | Carley |
| | 6am | Strength & Cycle | CS | Patty |
| | 6am | Hatha Yoga Foundations | MB | Maria |
| | 7:30am | Glutes + Core | GX | Ria |
| | 8:30am | Zumba | GX | Gaby |
| | 8:30am | Express Cycle (45 min) | CS | Jill |
| | 8:30am | Slow Burn | MB | Andrea |
| SATURDAY | 9am | Aqua Fit | AQ | Julie |
| | 9:30am | Stretch & Roll | MB | Heather |
| | 9:30am | Cardio + Stretch | GX | Leigh |
| | 9:30am | Cycle Power | CS | Lisa O |
| | 10:30am | Stretch | MB | Kay |
| | 10:30am | Forever Fit | GX | Cathleen |
| | 11am | Aqua Fit | AQ | Phillip |
| | 12pm | TRX Total Strength | PTS | Jen |
| SUNDAY | 7:30am | RIP Strength | GX | Lauren |
| | 8am | Swim Boot Camp | AQ | Julie |
| | 8:15am | Barre Blend | MB | Patty |
| | 8:30am | P90-X | GX | Ashley |
| | 9:30am | Hatha Yoga Intermediate (90 min) | MB | Maria |
| | 9:30am | Turbo Kick | GX | Clara |
| | 9:30am | Cycle Power | CS | Patty |
| | 10:30am | Dance Fit | GX | Heather |
| MONDAY | 11:30am | Stretch & Roll | MB | Maria |
| | 1pm | Hatha Yoga Foundations | MB | Maria |
| | 1pm | Zumba | GX | Eileen |

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
PTS: Performance Training Studio FIT: Fitness Floor

Stay up to date with the Fitness schedule!



View the latest schedule



View class descriptions



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- Notes
- 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.

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

jccstl.com



Group Exercise Class Descriptions

Ballet Fitness: A welcoming ballet-inspired workout that builds balance, posture, and graceful movement. Perfect for beginners or those retraining to dance. Regular socks work; ballet shoes are optional.

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.

Bodyweight Strength: A classic full-body workout using only your body and a mat. Build strength, stamina, and core stability through simple, effective movements. All levels welcome.

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 + Stretch: Start with uplifting conditioning intervals, then unwind with a deep, fully-body stretch. A balanced class ideal for all levels.

Core Complete: Strengthen your entire core through mindful movement, smart sequencing, and a mix of props (bands, balls, light weights). Build stability, mobility, and confidence.

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 Power: A metrics-focused ride using power, cadence, and resistance to help you track progress and boost performance. Options will be provided for beginners.

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.

Cycle Synergy: A quiet, introspective cycling experience that blends endurance riding with breath awareness and mental focus. Feel centered, strong, and grounded.

Dance Fit: Move, shake, and smile your way through a cardio workout set to upbeat music. You'll burn calories and boost your mood without even realizing you're exercising.

Evening Meditation: A beginner's class to learn techniques to reduce stress, manage pain, and increase focus and awareness.

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

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.

Gentle Balance + Mobility: A supportive class focused on posture, balance, fall-prevention strategies, and movement confidence. Includes safe ways to get up and down from the floor.

Gentle Pilates: Slow-paced, beginner-friendly pilates that strengthens your core while lengthening and relaxing your muscles. Ideal for those new to pilates or returning to exercise.

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.

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

High Fitness: 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 required to get a great workout! When in doubt, we take the jump out.

High Low: 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 while exploring deeper principles, improved transitions, and enhanced mind-body connection.

Low Impact Basics: This is a fun and effective fitness class designed for all ages and fitness levels! This class focuses on full-body strength, flexibility, and endurance, combining low-impact movements with energizing exercises to help you feel your best.

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.

Morning Meditation: This is a guided meditation class to calm the body, quiet the mind, and improve sleep quality.

P90-X: A results-driven mix of strength training, cardio, and functional movement that builds a strong, balanced body. Expect full-body circuits using dumbbells and bodyweight.

PiYo: This athletic workout combines mind/body practices of Yoga and Pilates as well as principles of strength training, stretch, balance and dynamic movement.

RIIPPE.D: A total-body workout combining resistance, intervals, power, plyometrics, and endurance. Energizing music and structured routines make it fun and effective.

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.

Slow Burn: Move with intention and feel the burn! A slower-paced strength class using light weights and bands to help you build muscle, improve form and increase mind-muscle connection.

Step: A fun cardio workout using an adjustable step platform. Enjoy fun choreography, heart-pumping combinations, and a great total-body burn.

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 & Cycle: Alternate between cycling drills and strength intervals for a balanced blend of cardio and muscle training. All levels encouraged.

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 Fundamentals: Learn proper form, build foundational strength, and increase confidence in movement. Perfect for beginners or anyone wanting to refine technique.

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

Stretch & Roll: Relax tight muscles through stretching and release tension using foam rollers and therapy balls. Promotes mobility and stress relief.

STRONG Nation: A music-driven cardio kickboxing class with easy-to-follow combinations. Boost endurance, coordination, and confidence.

Swing Dance: Learn the timeless basics of swing dancing with fun footwork, partner moves, and classic music. No partner required.

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.

Tango Foundations: Explore the essentials of Argentine Tango in a friendly, supportive setting. Learn musicality, connection, walking steps, and simple turns. No partner required; smooth-soled shoes recommended.

Tango Intermediate: Advance your Tango skills with more complex movements, improved musicality, and deeper connection techniques. Prior experience required.

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 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: 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.

Chair Yoga: A gentle, supportive yoga practice that uses a chair for seated or standing poses. Perfect for beginners, people with limited mobility, and anyone seeking a safe, accessible movement practice.

Evening Yoga Flow: A calming evening practice designed to release tension, improve mobility, and prepare the body for restful sleep.

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

Hatha Yoga Foundations: Build your yoga foundation with basic postures, breath work, and body awareness. Designed for beginners and continuing students who want to refine technique.

Intermediate Hatha Yoga: A more challenging practice for experienced students. Explore deeper strength, balance, and alignment through dynamic sequences and advanced poses.

Sunrise Yoga Flow: A lively morning practice designed to energize your mind and body. Greet the day with clarity and intention as you experience mindful movement and breathwork through a variety of flows. Options provided for all levels.

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

Yoga for Cancer: A research-based specialized yoga methodology addressing the specific physical and emotional needs left by cancer and its treatments. This method is gentle and restorative and focuses on movement and breath and the special needs of current cancer patients and survivors. Trained teachers adapt this valuable methodology to all cancer types and stages.

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 Deep: 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 Chi: Gentle, supportive class with a focus on mindfulness, flexibility, and balance.

Swim Boot Camp: For proficient swimmers. Primarily swimming, but also kicking, treading, jumping, drills, resistance, calisthenics, - in and out of the water.