

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

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

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View class descriptions



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- 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.

Notes

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 returning 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, full-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.

R.I.P.P.E.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.