

# 2026 SUMMER FITNESS & AQUATICS GROUP EX SCHEDULE

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

Effective June 10

	Time	Class	Studio	Instructor
<b>SUNDAY</b>	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	Rina*
	11:30am	Hatha Yoga Foundations	MB	Maria
<b>MONDAY</b>	5:45am	RIP Strength	GX	Lauren
	7:30am	Strength + Agility	GX	Kevin
	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
	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	GC	AJ
4pm	Strength Fundamentals	GX	Denny	
5:30pm	Evening Yoga Flow	MB	Amanda	
5:30pm	High Low	GX	Jen	
6:30pm	Strength & Conditioning	GX	Jen	
6:30pm	Buti Yoga	MB	Paula	
<b>TUESDAY</b>	6am	Express Cycle (45 min)	CS	Patty
	6am	Body Weight Strength	GX	Gyasi
	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
	10:15am	Aqua Strength	AQ	Julie
	10:30am	Gentle Pilates	MB	Stacia
	10:30am	Forever Fit	GX	Cathleen
	10:30am	Stick Mobility Express (45 min)	CS	Heather
	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	

	Time	Class	Studio	Instructor	
<b>WEDNESDAY</b>	6am	Sunrise Yoga Flow	MB	Heather	
	7:30am*	Mat Pilates	MB	Andrea	
	7:30am*	Zumba + Lift	GX	Gaby	
	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	
	9:30am	Tabata + Core	GX*	Clara	
	10:30am	Forever Fit	GX	Lisa	
	10:30am	Intermediate Tai Chi	MB	Judy	
	11am	Aqua Fit	AQ	Stephanie	
	11:30am	Forever Strong	GX	Denny	
	11:45am	Gentle Yoga	MB	Carley	
	1pm	Chair Yoga	MB	Joy	
5:30pm	Hatha Yoga Intermediate	MB	Jason		
5:30pm	Zumba	GX	Heather		
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		
<b>THURSDAY</b>	6am	H.I.I.T.	GX	Patty	
	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	
	9:30am	Cycle 40/20	CS	Laurie	
	10:30am	Forever Fit	GX	Leigh	
	11am	Aqua Fit	AQ	Stephanie	
	11am	Forever Cycle	CS	Heather	
	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	
	5:30pm	R.I.P.P.E.D.	GX	Clara	
6:30pm	Gentle Yoga	MB	Carley		
<b>FRIDAY</b>	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	
	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	
	12:15pm	TRX Total Strength	PTS	Jen	
	<b>SATURDAY</b>	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	
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

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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

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# 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.

**HILLz:** 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.

**RIPPE.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.