2026 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Marilyn Fox Building - Chesterfield

Effective Oct. 1

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

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

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

Stay up to date with the Fitness schedule!

View the latest schedule
View class descriptions
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Questions?
Sarah Amonson, 314.442.3210, samonson@jccstl.org

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.

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