2026 FALL FITNESS & AQUATICS GROUP EX SCHEDULE

Staenberg Family Complex - Creve Coeur

Effective Oct. 1

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

	Time	Class	Studio	Instructor
SUNDAY	8 a.m.	Total Conditioning	GX	Clara
	8:15 a.m.	Insanity	MB	Ashley
	9 a.m.	Step	GX	Kevin
	9:15 a.m.*	Mat Pilates	MB	Maria
	9:20 a.m.	Cycle Rhythm	CS	Brett
	10:30 a.m.	Extreme Conditioning	GX	Maria
	10:30 a.m.	Stretch & Roll	MB	Leigh
	11:30 a.m.	Zumba	GX	Rina*
	11:30 a.m.	Hatha Yoga Foundations	MB	Maria
	1 p.m.*	Family Yoga (30 min) (starts 10/17)	MB	Stacy
MONDAY	5:45 a.m.	RIP Strength	GX	Lauren
	7:30 a.m.*	Mat Pilates	MB	Andrea
	7:30 a.m.	Strength + Agility	GX	Kevin
	8:30 a.m.	Zumba	GX	Rina
	8:30 a.m.	PiYo	MB	Jill
	8:30 a.m.*	Power	GX	Andrea
	8:30 a.m.	TRX Total Strength	PTS	Jen
	9 a.m.	Aqua Fit	AQ	Julie
	9 a.m.	Low Impact Basics	RC	Joe
	9:30 a.m.*	Zumba	GX	Rina
	9:3 a.m.	Cardio + Core	MB	Leigh
	9:30 a.m.	Cycle Power	CS	Jill
	10:30 a.m.	Forever Fit	GX	Cathleen
	10:30 a.m.	Tai Chi	MB	Judy
	11 a.m.	Aqua Fit	AQ	Stephanie
	11:30 a.m.	Gentle Yoga (75 min)	MB	Katherine
	12 p.m.	TRX Total Strength	PTS	AJ
	1 p.m.	Gentle Balance + Mobility	GC	AJ
	4 p.m.	Strength Fundamentals	GX	Denny
	5:30 p.m.	Evening Yoga Flow	MB	Amanda
	5:30 p.m.	High Low	GX	Jen
	6:30 p.m.	Strength & Conditioning	GX	Jen
TUESDAY	6am	Express Cycle (45 min)	CS	Patty
	6am	Body Weight Strength	GX	Gyasi
	7:30am	Stretch	MB	Kay
	7:30am	Strength & Conditioning	GX	Sarah
	8:30 a.m.*	High & Low	GX	Sarah & Jen
	8:30 a.m.*	Yin Yoga	MB	Katherine
	9 a.m.	Swim Boot Camp	AQ	Julie
	9:30 a.m.	Barre Blend	MB	Leigh
	9:30 a.m.	Total Conditioning	GX	Clara
	10:15 a.m.	Aqua Strength	AQ	Julie
	10:30 a.m.	Gentle Pilates	MB	Stacia
	10:30 a.m.	Forever Fit	GX	Cathleen
	10:30 a.m.	Stick Mobility Express (45 min)	RQ*	Heather
	11 a.m.	Aqua Fit	AQ	Stephanie
	11:30 a.m.	Gentle Yoga (75 min)	MB	Stacia
	11:30 a.m.	Tai Chi	GX	Judy
	12 p.m.*	Metabolic Conditioning	PTS	Kevin
	5:30 p.m.	Hatha Yoga Foundations	MB	Nivi
	6 p.m.	Zumba	GX	Mary
WEDNESDAY	6 a.m.	Sunrise Yoga Flow	MB	Heather
	7:30 a.m.	Mat Pilates	MB	Andrea
	7:30 a.m.	Zumba + Lift	GX	Gaby
	8:30 a.m.	Express Cycle (45 min)	CS	Laurie
	8:30 a.m.	Strength Fundamentals	GX	Denny
	8:30 a.m.	Glutes + Core	MB	Andrea
	9 a.m.	Low Impact Basics	GYM	Joe
	9 a.m.	Aqua Fit	AQ	Julie
	9:30 a.m.	Cycle Rhythm	CS	Jamie
	9:30 a.m.	Tabata + Core	GX*	Clara
	10:30 a.m.	Forever Fit	GX	Lisa
	10:30 a.m.	Intermediate Tai Chi	MB	Judy
	11a.m.	Aqua Fit	AQ	Stephanie
	11:30 a.m.	Forever Strong (45 min)	GX	Denny
	11:45 a.m.	Gentle Yoga	MB	Carley
	12:15 p.m.*	Strength & Conditioning	GX	Sarah
	1 p.m.	Chair Yoga	MB	Joy
	5:30 p.m.	Hatha Yoga Intermediate	MB	Jason
	5:30 p.m.	Zumba	GX	Heather
	6 p.m.	Cycle Rhythm	CS	Davy
	6:15 p.m.	Aqua Power Deep	AQ	Stephanie
	6:30 p.m.	Yin Yoga	MB	Jason
	6:30 p.m.	STRONG Nation	GX	Katie
	7:30 p.m.	Body Weight Strength	GX	Gyasi
THURSDAY	6 a.m.	H.I.I.T.	GX	Patty
	7:30 a.m.	Strength & Conditioning	GX	Lisa
	8:30 a.m.	Strength & Conditioning	GX	Lisa
	8:30 a.m.	Yin Yoga	MB	Katherine
	9:30 a.m.	High Fitness	GX	Sarah*
	9:30 a.m.	Mat Pilates	MB	Mary
	9:30 a.m.	Cycle 40/20	CS	Laurie
	10:30 a.m.	Forever Fit	GX	Leigh
	11 a.m.	Aqua Fit	AQ	Stephanie
	11 a.m.	Forever Cycle	CS	Heather
	11:30 a.m.	Gentle Yoga (75 min)	MB	Stacia
	12 p.m.*	Kettlebells + Mobility	GX	Kevin
	1 p.m.	Ballet Fit	MB	Michelle
	1 p.m.	Gentle Balance + Mobility	GX	AJ
	2 p.m.	Aqua Chi	AQ	Stephanie
	4 p.m.	Yoga for Cancer	MB	Stacia
	5:30 p.m.	R.I.P.P.E.D.	GX	Clara
	6:30 p.m.	Gentle Yoga	MB	Carley
FRIDAY	6 a.m.*	Stick Mobility	GX	Patty
	6 a.m.	Hatha Yoga Foundations	MB	Maria
	7:30 a.m.	Glutes + Core	GX	Ria
	8:30 a.m.	Zumba	GX	Gaby
	8:30 a.m.	Express Cycle (45 min)	CS	Jill
	8:30 a.m.	Slow Burn	MB	Andrea
	9 a.m.	Aqua Fit	AQ	Julie
	9:30 a.m.	Stretch & Roll	MB	Heather
	9:30 a.m.	Cardio + Stretch	GX	Leigh
	9:30 a.m.	Cycle Power	CS	Lisa O
	10:30 a.m.	Stretch	MB	Kay
	10:30 a.m.	Forever Fit	GX	Cathleen
	11 a.m.	Aqua Fit	AQ	Phillip
	12:15 p.m.	TRX Total Strength	PTS	Jen
SATURDAY	7:30 a.m.	RIP Strength	GX	Lauren
	8 a.m.	Swim Boot Camp	AQ	Julie
	8 a.m.	Barre + Box (45 min)	MB	Patty
	8:30 a.m.	P90-X	GX	Ashley
	9 a.m.*	Family Yoga (30 min) (starts 10/17)	MB	Stacy
	9:15 a.m.*	Cycle Power	CS	Patty
	9:30 a.m.	Hatha Yoga Intermediate (90 min)	MB	Maria
	9:30 a.m.	Turbo Kick	GX	Clara
	10:30 a.m.	Dance Fit	GX	Heather
	11:30 a.m.	Stretch & Roll	MB	Maria
	1 p.m.	Hatha Yoga Foundations	MB	Maria
	1 p.m.	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
RQ: Racquetball Court	

Stay up to date with the Fitness schedule!

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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

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