

2012 WINTER FITNESS & AQUATICS CLASS SCHEDULE*

STAENBERG FAMILY COMPLEX - CREVE COEUR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	Yoga (MB) Steve Spin (SS) Lauren	Circuit Training (GX) Christine	Yoga (MB) Nancy L. Spin (SS) Alvin	Circuit Training (GX) Christine	Yoga (MB) Nancy L. Spin (SS) Mary		
8:00am						Total Conditioning-70 mins. (GX) Mary	Total Conditioning (GX) Maurice
8:30am	Women's Only Cardio Strength (GX) Jill	Stepping Up (GX) Lynda Pilates (MB) Kristin	Sculpting (GX) Mary	Women's Only Nia (GX) Robin Pilates (MB) Stacia	Sculpting (GX) Leigh Zumba (MB) Annette	Spin (SS) Susie	Spin (SS) Melissa
9:00am	Arthritis Found. Exercise-45min. (AQ) Circuits 101 (FC) Joe	Circuits 101 (FC) Jill	Arthritis Found. Exercise-45min. (AQ) Circuits 101 (FC) Joe		Arthritis Found. Exercise-45min. (AQ)	Yoga-85 min. (MB) Lindsay	Triple S-70mins.(GX) Kevin
9:30am	Zumba (GX) Paula Physique Fusion (MB) Laina Spin (SS) Mary	Total Conditioning (GX) Lynda Yoga (MB) Lindsey Spin (SS) Laurie	Turbo Kick (GX) Brooke Physique Fusion (MB) Laina Spin (SS) Melissa	Stepping Up (GX) Lynda Yoga (MB) Stacia Spin (SS) Byron	Zumba (MB) Paula Kettlebell (GX) Sarah Spin (SS) Kelly	Turbo Kick (GX) Christine Spin (SS) Alvin	Pilates (MB) Susan V. Aqua Zumba (AQ) Spin (SS) Maurice Circuits 101 (FC) Cathleen
10:30am	Forever Fit (GX) Cathleen Physique Fusion (MB) Laina	Everlasting Strength (GX) Cathleen Hip Hop (MB) Lynda	Forever Fit (GX) Leigh Physique Fusion (MB) Laina Spin (SS) Melissa	Everlasting Strength (GX) Cathleen Hip Hop (MB) Lynda	Forever Fit (GX) Jill Pilates on the Beam (MB) Lynda Spin (SS) Byron	Zumba (GX) Paula	Total Conditioning (GX) Maurice Physique Fusion (MB) Lynda
11:00am	Aqua Cardio Cond. (AQ)	Aqua Cardio Cond. (AQ)	Aqua Cardio Cond. (AQ)	Aqua Cardio Cond. (AQ)	Aqua Cardio Cond. (AQ)		
11:30am	Yoga. (MB) Nancy	Beg.Yoga (MB) Stacia	Yoga (MB) Julie	Beg.Yoga (MB) Emily	Yoga-85mins (MB) Lynda		
12:15pm			Aquatic Tai Chi (AQ)				
1:00pm						Yoga-85mins. (MB) Maria	
2:15pm		Arthritis Found. Exercise-45mins. (AQ)		Arthritis Found. Exercise-45mins. (AQ)			
4:30pm	Zumba (GX) Meghan	Strength PiYo (GX) Cindy	Zumba (GX) Laura		Group Exercise Classes Notes: All members are welcome to all classes ALL LEVELS - Beginner (unless noted) & 55 minutes (unless noted) Sign up at the fitness desk for Spin, Beam, Hooping & Circuit Training		
5:30pm	Zumba (GX) Meghan Yoga (MB) Nancy L.	Turbo Kick (GX) Cindy Yoga (MB)	Zumba (GX) Cindy Yoga (MB) Nancy L.	Yoga (MB) Maxine			
6:00pm	Spin (SS) Renee	Spin (SS) Mary	Spin (SS) April	Spin (SS) Susie	Studio Codes (GX) - Group Exercise Studio (MB) - Mind Body Studio (SS) - Spin Studio (FC) - Fitness Center Floor (AQ) - Aquatics Color Codes Cardio Emphasis Strength Emphasis Mind-Body Emphasis Combination Class Aqua Classes		
6:15pm	Deep Water Fitness (AQ)		Deep Water Fitness (AQ)				
6:30pm	Sculpting (GX) Meghan	Total Conditioning (GX) Cathleen	Zumba Tone (GX) Cindy	Kettlebell (GX) Ryan			
7:30pm		Yoga (MB) Steve Kettlebell (GX) Chrissy	Beg. Ballroom, Latin & Swing Dancing (GX) Elena	Yoga (MB) Steve	Contact: Brooke McGee, 314-442-3210 **schedule effective 1/12/12		
8:30pm			Int. Ballroom, Latin & Swing Dancing (GX) Elena				

JCC Staenberg Family Complex Fitness Class Descriptions

Ballroom, Latin & Swing Dancing: Dancing taught for anyone of any age! Wear comfortable dancing shoes. A partner is not required.

Cardio Combo/Stretch: A class with all fun different ways to get in your cardio workout, finished with stretching and abdominal work.

Circuits 101: An introductory class for beginners or new members to learn the basics of circuit training instructed by a personal trainer.

Everlasting Strength: A low-intensity strength and endurance class, also building stability, mobility, balance and flexibility.

Forever Fit: A low-intensity aerobic class giving you a great cardiovascular workout. Also combining strength and endurance, joint stability and mobility, balance and flexibility.

Hip Hop: This beginner low stress, high energy class provides technical instruction and encourages personal expression!

Hoopng: Learn to hula hoop, hoop dance, lose weight, get fit and have fun.

Kettlebell: This class will offer cardiovascular, resistance and weight control benefits.

Nia: Is a well-being fitness and lifestyle practice inspired by Martial, Dance and Healing Arts.

Physique Fusion: The latest exercise of the stars! Strengthen and tone while lengthening the muscles with intervals of stretching. Light weights, floor work, ballet barre all used to push your muscles to exhaustion.

Pilates on the Beam: A core-based training that will tone, improve balance, flexibility and posture.

Pilates: A progressive series of exercises, based on the methods of Joseph Pilates, designed to increase the strength of your body's core (abdominals, back, glutes and hips) while lengthening the muscles.

PIYO™: Relax & Stretch? No thanks; I'm a cardio Junky! Don't worry... PiYo™ is all about strength training and core conditioning for people who want to sweat their way to sculpted abdominals, increased core strength and greater stability!

Sculpting: Class rotates monthly between strength, power and endurance formats, providing the changes you need to avoid the plateaus and maximize results.

Spin: An aerobic exercise that takes place on a stationary bike. Experience taking a ride while an instructor talks you through a visualization of an outdoor cycling workout while motivational music plays.

Stepping Up: This class combines choreographed step to make you sweat! Increase your cardiovascular and muscular endurance and leave for the day feeling energized.

Total Conditioning: This class combines anaerobic activity with plyometric and callisthenic drills to offer a challenging option in your cardio routine.

Triple S: This class combines the best of step, sculpt and stretch to increase your cardiovascular/muscular endurance and increase your flexibility to send you on your way feeling energized!

TurboKick: An energizing kickboxing interval class. Cardio that uses intensity drills and increased energy sprints followed by work recovery segments.

Yoga: Build strength, flexibility and balance through a unique combination of breathing techniques and postures.

Zumba: A fusion of Latin and International music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Aquatics Class Descriptions

Aqua Cardio Conditioning: Moderate-impact, water-specific exercises designed to progressively build strength, flexibility, and endurance in a refreshing and joint-supportive environment.

Aqua Zumba: A dance pool party for all ages and levels. It brings the moves and music of Zumba into the water. Full body workout that pushes the resistance of the water to the max.

Arthritis Foundation Exercise: Program participants are led by trained personnel through a series of specially designed exercises which, with the aid of the water's buoyancy and resistance, can help improve joint flexibility.

Aqua Tai Chi: Moving meditation in the pool. Improves body awareness and range of motion.