



**Alton, IL**  
**Club Fitness – 618 208 0090**  
**Group Exercise Schedule**  
**Effective January 23, 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am <u>Stability Ball</u> Merri (60 min)	8:30 a.m. <u>Cardio Fusion</u> Kim (60 min)	8:30 a.m. <u>Muscle Works</u> Dena (60 min)	8:30 a.m. <u>PiYo</u> Denise (60 min)	8:30 a.m. <u>Zumba</u> Mimi (60 min)		
				9:30 a.m. <u>Muscle Works</u> Mimi (60 min)	9:00 a.m. <u>Cardio Fusion</u> Merri (60 min)	
5:00 p.m. <u>Core Conditioning</u> w/ trainers (30 min)	5:00 p.m. <u>Dynamics</u> W/trainers (45 min)	5:00 p.m. <u>Zumba</u> Ashley (60 min)	5:30 p.m. <u>Guts and Butts</u> Dena (30 min)			
5:30 p.m. <u>TurboKick</u> Denise (60 min)	5:45 p.m. <u>Hip Hop Hustle</u> Dena (60 min)	6:00 p.m. <u>Step</u> Merri (60 min)	6:00 p.m. <u>Drills To Make You Sweat</u> Dena (60 min)			
6:30 p.m. <u>Zumba</u> Ashley (60 min)	6:45 p.m. <u>PiYo</u> Lisa (60 min)	7:00 p.m. <u>Yoga</u> Dena (60 min)				

Class level codes: M=mixed A=advanced, I=intermediate. B=beginner  
Please call club to confirm as schedule is subject to change. You may also check the website [www.clubfitness.us](http://www.clubfitness.us)

**Class Descriptions:**

**Step:** Cardio work out using the step. Can be low or high impact. Burn calories, burn fat and have fun!

**Kickbox:** Find your inner power as you kick and punch your way to a more fit, more empowered YOU! Quite a calorie burner!

**Yoga:** Learn the primary postures, proper breathing, and relaxation techniques.

**Cardio Mix:** A FUN blend of any type of cardiovascular work (low/high impact, step, boxing, drills) to burn calories and sweat!

**Cardio Fusion:** Any combination of cardio and muscle resistance moves. Fuse your work outs into one and get cross benefits!

**Core Conditioning with Trainers-**Improve posture and balance, firm and tighten the midsection combined with cardio to make you sweat.

**Dynamic Training with Trainers-**A mix of cardio interval training, resistance training, complex movements and core strength to burn a maximum amount of calories and have fun.