

# Ballwin Club Fitness

## Group Exercise Schedule

636-220-2582

*\*Effective Monday, January 2, 2012*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:00 a.m. <b>Body Pump</b> (M) Kirstie	
9:00 a.m. <b>Step and Muscle</b> (M) Jen	9:15 a.m. <b>Zumba</b> (M) Georgette	9:15 a.m. <b>Cardio Mix</b> (M) Joan	9:15 a.m. <b>Muscle Works</b> (M) Joan	9:00 a.m. <b>Step and Strength</b> (M) Susan	9:00 a.m. <b>Zumba</b> (M) Georgette	9:00 a.m. <b>Cardio Mix</b> (M) Emily/Sondra
10:15 a.m. <b>Piloga</b> (M) Chrissie	10:15 a.m. <b>Muscle Works</b> (M) Christi	10:15 a.m. <b>Piloga</b> (M) Natalie	10:15 a.m. <b>Zumba</b> (M) Chrissie	10:00 a.m. <b>Body Pump</b> (M) Robin	10:00 a.m. <b>Muscle Works</b> (M) Kirsten	10:00a.m. <b>Yoga</b> (M) Pamela
					11:00 a.m. <b>Piloga</b> (M) Joy	
4:45 p.m. <b>Step Xpress</b> (I) Tracey	5:00 p.m. <b>Step Xpress</b> (I) Joan					
5:30 p.m. <b>Body Pump</b> (M) Tracey	5:45 p.m. <b>Dynamics</b> (I) DFM Trainers (45 mins)	5:30 p.m. <b>Turbo Kick</b> (M) Jen	5:00 p.m. <b>Body Pump</b> (M) Tracey			
6:30 p.m. <b>Zumba</b> (M) Jen	6:30 p.m. <b>Body Pump</b> (M) Kirstie	6:30 p.m. <b>Body Pump</b> (M) Laura	6:00 p.m. <b>Turbo Kick</b> (M) Christine			
7:30 p.m. <b>Butts and Gutts</b> (M) Jen (30 min)	7:35 p.m. <b>Zumba</b> (M) Emily	7:35 p.m. <b>Zumba</b> (M) Laura	7:00 p.m. <b>Piloga</b> (M) Joy			

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)