







**Florissant, MO**  
**Club Fitness – 314-830-2582**  
**Group Exercise Schedule**  
**Effective November 1st, 2011**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM <i>Core Commotion</i> Heather	5:30 AM <i>SPIN</i> Trish	5:30 AM <i>Core, Kick, &amp; Bells</i> Heather	5:30 AM <i>BODY PUMP</i> Trish 	5:30 AM <i>SPIN</i> Josie	7:00 AM <i>SPIN</i> Lisa/Tank	
					7:45 AM <i>BODY PUMP</i> Jacqui 	
8:45 AM <i>Muscle &amp; Abs</i> Michele	8:30 AM <i>SPIN</i> Michele	8:00AM <i>SPIN</i> Michele	8:30 AM <i>SPIN</i> Michele	8:15 AM <i>SPIN</i> Robin	8:30 AM <i>SPIN</i> Tank/Lisa	8:30 AM <i>SPIN</i> Nancy
10:00 AM <i>Yoga</i> Sandy.	9:45 AM <i>Pilates</i> Michele W.	9:15AM <i>Muscle &amp; Abs</i> Michele W.	9:45 AM <i>Pilates</i> Michele W. <i>Yoga</i> 1 <sup>st</sup> Thur. Month	9:00 AM <i>Zumba</i> Vanessa	9:00AM <i>Step</i> Roz	2:00 PM <i>Zumba</i> Faithea/ Michelle B.
4:30 PM <i>Yoga</i> Patti  5:00 PM <i>SPIN</i> Lisa	5:00 PM <i>SPIN</i> Beth	5:00 PM <i>SPIN</i> Lisa  5:00 PM <i>Dynamics</i> DFM Trainers	4:45 PM <i>SPIN</i> Lisa	10:00AM <i>Butts &amp; Gutts</i> Vanessa	10:00AM <i>Zumba</i> Michelle P.	
5:30 PM <i>Power Sport</i> Heather	5:00 PM <i>Drills to Sweat</i> Lisa	5:30 PM <i>Zumba</i> Michelle B.	5:30 PM <i>Butts &amp; Gutts</i> Jacqui	4:45 PM <i>SPIN</i> Lisa	11:00AM <i>Pilates</i> Mary/Heather	
6:00 PM <i>SPIN</i> Nancy	6:00 PM <i>SPIN</i> Tank	6:00 PM <i>SPIN</i> Lisa	6:00 PM <i>SPIN</i> Nancy	6:00 PM <i>SPIN</i> Beth	12:00 noon <i>Zumba</i> Emily/Tracee	
6:30 PM <i>Butts &amp; Gutts</i> Heather	6:00 PM <i>TurboKick</i> Jacqui	6:30 PM <i>Core Commotion</i> Heather	6:00 PM <i>BODY PUMP</i> Jacqui 			
7:00 PM <i>Zumba</i> Michelle P.	7:00 PM <i>BODY PUMP</i> Kelly/Faithea 	7:15 PM <i>Pilates</i> Heather	7:10 PM <i>Step</i> Roz	6:00 PM <i>Line Dancing</i> 2 <sup>nd</sup> & 4 <sup>th</sup> Vanessa		
7:15 PM <i>INTRO SPIN</i> Lisa	7:15 PM <i>SPIN</i> Gerald	7:15 PM <i>SPIN</i> Beth				

Please call club to confirm as schedule is subject to change. You may also check the website [www.clubfitness.us](http://www.clubfitness.us)