

**24 Hour Access**



**Childcare Available:  
Mon-Sat 8 a.m.-12 p.m.  
Mon-Thur 4:30 p.m.-8:30 p.m.**

**12 Hampton Village Shopping Center  
St. Louis, MO 63109  
(314) 752-2582  
www.clubfitness.us**

**UPDATED: 01/16/2012**

**Group Exercise Schedule**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 a.m. CARDIO & MUSCLE Catherine	6:00 a.m. DRILLS TO MAKE YOU SWEAT Robin	6:00 a.m. YOGA Robin	6:00 a.m. STEP Robin	6:00 a.m. CARDIO & CORE Catherine	8:00 a.m. ZUMBA Nikki	
9:00 a.m. YOGA Cindy	9:00 a.m. STEP Toni	8:30 a.m. FUSION Robin	9:00 a.m. STEP INTERVALS Robin	8:30 a.m. BUTTS & GUTS Catherine	9:00 a.m. DRILLS TO MAKE YOU SWEAT Robin	9:00 a.m. INTERMEDIATE YOGA Jim
10:00 a.m. STEP INTERVALS Robin	10:00 a.m. MUSCLE WORKS Melanie	9:30 a.m. BODY SCULPTING Robin	10:00 a.m. YOGA Jill	9:30 a.m. ZUMBA Sue	10:00 a.m. PILATES Rachel	
4:00 p.m. BUTTS&GUTS Robin	5:00 p.m. CARDIO & CORE Robin	5:00 p.m. BODY SCULPTING Cindy	5:00 p.m. CARDIO KICKBOXING Catherine	5:00 p.m. STEP Robin	12:00 p.m. STEP Catherine	
5:00 p.m. YOGA Jill	6:00 p.m. PILOGA Jill	6:00 p.m. YOGA Robin	6:00 p.m. DRILLS TO MAKE YOU SWEAT Catherine			
6:00 p.m. DRILLS TO MAKE YOU SWEAT Robin	7:00 p.m. STEP Jenny	7:00 p.m. DYNAMICS DFM Trainers	7:00 p.m. ZUMBA Shana			
7:00 p.m. CARDIO KICK & SCULPT Heather	8:00 p.m. ZUMBA Miriam	8:00 p.m. ZUMBA				

**CLASS DESCRIPTIONS**

Muscle Works: Time to target muscles, get lean, and toned. See and feel the changes in your body!

Zumba: Dance your way to a more fit you using exciting and unique LATIN moves and rhythms.

Drills to Make You Sweat: Straightforward, easy to learn cardio and muscle drills to get the sweat pouring and calories burning.

Fusion: A perfect blend of yoga, strength, core strengthening.

Cardio Kick & Sculpt: An awesome combination of cardio kickboxing and body sculpting for maximum calorie burn.