

Hours of Operation
24 Hours
Staff Hours:
Mon-Fri 8 a.m.-10p.m.
Sat-Sun 8 a.m.- 6 p.m.



4438 Lemay Ferry Rd.
 St. Louis, MO 63129
 (314) 894-2566
 www.clubfitness.us

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

Effective: January 18, 2011

Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 a.m. STEP/AEROBIC INTERVALS Catherine	6:00 a.m. STEP Catherine	6:00 a.m. STEP Catherine			
8:00 a.m. STEP Robin	8:00 a.m. STABILITY BALL MUSCLE SCULPT *** Liz	8:00 a.m. STEP Catherine	8:00 a.m. BODY SCULPTING Madeline	8:00 a.m. CARDIO MIX 30-20-10 Sarah	8:00 a.m. TURBOKICK Marissa	
9:00 a.m. BODY SCULPTING Catherine	9:00 a.m. CORE CONDITIONING DFM Trainers	9:00 a.m. BODY SCULPTING Sarah	9:00 a.m. YOGA Toni	9:00 a.m. CARDIO & CORE Madeline	9:00 a.m. CARDIO KICKBOXING Catherine	
10:00 a.m. PILATES Amanda	10:00 a.m. ZUMBA Melanie	10:00 a.m. PILOGA Donna	10:00 a.m. BUTTS & GUTS Cindy	10:00 a.m. PILATES Amanda	10:00 a.m. BODY SCULPTING Catherine	
4:00 p.m. STEP Catherine			11:00 a.m. ZUMBA Jeli			11:00 a.m. DRILLS TO MAKE YOU SWEAT Robin
5:00 p.m. DRILLS TO MAKE YOU SWEAT Catherine	4:00 p.m. BUTTS & GUTS Cindy	4:00 p.m. Cardio & Core Catherine	5:00 p.m. TURBOKICK Amanda	4:00 p.m. STEP Catherine		
6:00 p.m. YOGA Cindy/Laura	5:00 p.m. STEP/AEROBIC INTERVALS Toni	5:00 p.m. CARDIO KICKBOXING Toni	6:00 p.m. DYNAMICS DFM Trainers	5:00 p.m. BODY SCULPTING Catherine		
7:00 p.m. ZUMBA Laura	6:00 p.m. DRILLS to MAKE YOU SWEAT Catherine	6:00 p.m. ZUMBA Amanda	6:30 p.m. CORE CONDITIONING DFM Trainers			
	7:00 p.m. CARDIO KICKBOXING Amanda	7:00 p.m. DRILLS TO MAKE YOU SWEAT Catherine	7:00 p.m. ZUMBA Laura			