



**Club Hours**

M-F 5am-12am

Saturday-Sunday 6am-8pm

1953 W. Hwy 50

Fairview Heights, IL 62208

(618) 589-1117

www.clubfitness.us

**Kids Club Hours**

Monday-Saturday 8am-12pm

Monday-Thursday 4:30pm-8:30pm

**GROUP EXERCISE SCHEDULE**

| Mon                                      | Tue   | Wed                                     | Thurs  | Fri                                      | Sat                                     | Sun |
|--|---|---|--|--|---|-----|
|  | 6:00 am<br><b>Turbo kick</b><br>Denise                |   | 6:00am<br><b>Turbo Kick</b><br>Denise                  |  | 8:30 am<br><b>Kickboxing</b><br>Nancy   |     |
| 9:00 am<br><b>Zumba</b><br>Deborah       | 9:00 am<br><b>Cardio Mix</b><br>Sheri                 | 9:00am<br><b>Zumba</b><br>Sheri         | 8:30am<br><b>Piloga</b><br>Charlee                     | 9:00 am<br><b>Zumba</b><br>Sheri / Susan | 9:30 am<br><b>Muscle Works</b><br>Nancy |     |
| 10:00am<br><b>Body Sculpt</b><br>Gloria  | 10:00 am<br><b>Butts &amp; Guts (30 min)</b><br>Sheri | 10:00am<br><b>TurboKick</b><br>Gloria   | 9:30am<br><b>Cardio Dance &amp; Tone</b><br>Charlee    |  | 10:30am<br><b>ZUMBA</b><br>Sheri        |     |
| 5:30 pm<br><b>Kick Boxing</b><br>Stacie  | 5:30 pm<br><b>Zumba</b><br>Maggie                     | 5:30 pm<br><b>Muscle Works</b><br>Nancy | 5:15 pm<br><b>Drills that make you Sweat</b><br>Denise |  |   |     |
| 6:30 pm<br><b>Muscle Works</b><br>Stacie | 6:30 pm<br><b>Piloga</b><br>Maggie                    | 6:30 pm<br><b>Cardio Mix</b><br>Stacie  | 6:15 pm<br><b>Dynamics</b><br>DFM Trainers             |  |   |     |
| 7:30 pm<br><b>Step</b><br>Nancy          |   | 7:30 pm<br><b>Yoga</b><br>Rhonna        | 7:00 pm<br><b>Zumba</b><br>Jodie                       |  |   |     |
|  |   |   |  |  |   |     |

**DOUBLE STEP / STEP / STEP & MUSCLE** - Lo/Hi impact combinations done using one or two steps while seriously sculpting the lower body.

**KICKBOXING** - A great cardio workout using boxing & martial arts movements. A fun way to gain cardio health & strength.

**MUSCLE WORKS** - Work and tone all major muscle groups of the body.

**PILOGA** - A combination of Pilates & Yoga moves.

**TURBOKICK** - A cardio class using a combination of kickboxing, boxing, dance & drill movements. A fun, innovative way to gain cardio health & strength.

**ZUMBA** - Dance your way to a fitter you; exciting & unique LATIN moves & rhythms.