

**Staffed Hours of Operation**  
**Mon.-Fri. 8 a.m. – 10:00 p.m.**  
**Sat. & Sun. 8 a.m. - 6 p.m.**  
**(24 Hour Access Available)**



**Childcare Available:**  
**Mon-Sat 8 a.m.-12 p.m.**  
**Mon-Thurs 4:30 p.m.-8:30 p.m.**  
**Reservations Required**  
**(636) 379-2228**

**3032 Hwy K & N Plaza**  
**O'FALLON, MO 63366**  
**(636) 379-2228**

**EFFECTIVE**  
**October 17, 2011**

[www.clubfitness.us](http://www.clubfitness.us)

**Group Exercise Schedule**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 a.m. 20/20/20 TONING Sue (M)	9:00 a.m. STEP INTERVAL Dana (B/I)	8:00 a.m. BUTTS & GUTS Carla (M)	9:00 a.m. BODY SCULPTING Sue (M)	8:00 a.m. BUTTS & GUTS Carla (M)	8:00 a.m. MUSCLE WORKS Jenni (M)	10:00 a.m. ZUMBA Kate (M)
9:00 a.m. KICKBOXING Julie Harp (M)	10:00 a.m. MUSCLE WORKS Dana (M)	9:00 a.m. KICKBOXING DRILLS Carla (I/A)	10:00 a.m. CARDIO MIX Dana (M)	9:00 a.m. DRILLS Carla (M)	9:00 a.m. STEP Nancy (M)	
10:00 a.m. ZUMBA Julie Harp (M)		10:00 a.m. BODY SCULPTING Carla (M)		10:00 a.m. ALL ABS Carla (30 Minutes) (M)	10:30 a.m. YOGA Rebecca (M)	
11:30 a.m. YOGA Rebecca (M)				10:30 a.m. STRETCH / YOGA Carla (30 Minutes)		
		4:30 p.m. HIP HOP HUSTLE Lauren (M)				
5:15 p.m. ZUMBA Jackie B. (M)	5:15 p.m. STEP EXPRESS Jenni (45 Minutes) (B/I)	5:30 p.m. SIMPLY SWEAT Holly (B/I)	5:00 p.m. CORE & MORE Sue (M)			
6:15 p.m. PIYO Strength Lauren (M)	6:00 p.m. BODY SCULPTING Carla (M)	6:30 p.m. DYNAMIC TRAINING 30 Minutes	6:30 p.m. ZUMBA Lisa (M)			
7:15 p.m. TURBOKICK Lauren (M)	7:00 p.m. CORE & MORE Carla (M)	7:00 p.m. YOGA Claudia (M)	7:30 p.m. TURBOKICK Marci (M)			