

Rock Hill, Mo.
Club Fitness – (314)961-2582
Group Exercise Schedule
Effective January 16, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9am Muscle Works Kristin/Robin (M)	9am Cardio Mix Melanie (M)	9am Turbo Kick Jen (M)	9am Cardio Mix and Muscle Melanie (M)	8:30a.m. Floor Core & More Melanie (M) 30 min	9am Cardio Mix Jill (M)	9:00 a.m. TurboKick Jacqui (M) (this may be subbed out as a different cardio as needed)
10am Step Robin (M)	10am Piloga Robin (M)	10 a.m. Yoga Gloria (M)	10am Piloga Melanie (M)	9:00a.m. Butts and Guts Melanie (M) 30 min	10am Drills to Make you Sweat Jill (M)	
4:30pm Step&muscle Jen (M)	4:30 p.m. Muscle Works Robin (M))		4:30 pm Zumba Jeli (M)	10am Zumba Martha (M)	11 a.m. Yoga Anna	
5:30pm Turbo Kick Beth (M)	5:30pm Zumba Jen (M)	5pm Zumatone Carine (M)	5:30 Butts & Guts Jen (M) 30 min			
6:30pm Zumba Nancy (M)	6:30pm Step Interval Jill (M)	6pm Pilates Trudy (M)	6pm Step Jen (M)			
7:30pm Pilates Nancy (M)	7:30pm Yoga Natalie (M)	7 p.m. Dynamic Blast Class (DFM trainers)				

All classes one hour unless otherwise noted. Class level codes: M=mixed A=advanced, I=intermediate. B=beginner
Please call club to confirm as schedule is subject to change. You may also check the website www.clubfitness.us

Class Descriptions:

Step: Cardio work out using the step. Can be low or high impact. Burn calories, burn fat and have fun!

Kickbox: Find your inner power as you kick and punch your way to a more fit, more empowered YOU! Quite a calorie burner!

Yoga: Learn the primary postures, proper breathing, and relaxation techniques.

Cardio Mix: A FUN blend of any type of cardiovascular work (low/high impact, step, boxing, drills) to burn calories and sweat!

Floor, Core and More: Target your core muscles (abs, back, trunk) with moves to strengthen and tone. Then take time to lengthen and stretch all body muscles for flexibility.

Step and Muscle: Combines cardiovascular step training with resistance training so you burn calories and tone muscles!

Butts and Guts: Strengthen and tone the abdominal and gluteal muscles by using body weight for resistance and strength training equipment (wts., tubing, stability balls, etc.) through a series of challenging exercises.

Dynamic Blast Class with DFM Trainers-A mix of cardio interval training, resistance training, complex movements and core strength to burn a maximum amount of calories and have fun.

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

Turbo kick: 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

Pilates: Combination of movements to get the abs & core muscles stronger while assisting with some flexibility & muscle control.

Muscle Works: Work and tone all major muscle groups of the body.