



Webster Groves, Mo. Feb 1, 2012
Club Fitness – (314) 968-2582
Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:00 Muscle Works (B) Melanie W.				
9:00 Drills To Make You Sweat (I) Ashley	9:00 Core Conditioning (M) DFM Trainers (30 minutes)	9:00-9:45 Cardio Mix (M) Melanie	9:00 Yoga (B) Pattra		9:00 Yoga (M) Laura	10:00 a.m. Zumba (M) Eileen
	9:30 Zumba (M) Carine	9:45-10:15 Floor, Core and More (B) Melanie	10:00 Zumba (M) Jolene	10:00 Drills To Make You Sweat (I) Melanie	10:00 TurboKick (M) Marissa	
5:00 PiYo (M) Marissa	5:00 Cardio and Muscle (M) Marissa	5:00 TurboKick (M) Beth			11:00 Zumba (M) Nancy	12:00 Zumba (M) Nancy
6:00 Hip Hop Hustle (M) Marissa	6:00 Dynamics DFM Trainers (I)	6:00 Power Yoga (M) Pattra	5:00 Muscle Works (M) Nancy			
7:00 Muscle Works (M) Marissa	6:45 p.m. Cardio Dance (M) Nancy	7:00 p.m. Zumba Nancy	6:00 Power Yoga (M) Pattra			
8:00 Yoga (M) Donna	7:45 p.m. Piloga (M) Nancy	8:00 Zumba (M) Alicia	7:00 Zumba (M) Nancy			

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!

Turbo Kick: 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!

Core Conditioning with Trainers-Improve posture and balance, firm and tighten the midsection combined with cardio to make you sweat.

Dynamic Training with 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: A BOOT CAMP style class incorporating strength training and cardio drills to get your heart pumping and tone all those PROBLEM AREAS!