

# Wentzville Club Fitness 636-327-5500

## Group Exercise Schedule

Effective January 16, 2012

Monday    Tuesday    Wednesday    Thursday    Friday    Saturday    Sunday

	8:15 a.m. Muscle Works Kelly		8:15 a.m. Turbo Kick Kelly	8 a.m. Zumba Kelly	8 a.m. Muscle Works Nancy P	
9 a.m. Cardio Mix Kelly	9:15 a.m. Drills to Make You Sweat Krista	9 a.m. Step Nancy P	9:15 a.m. Muscle Works Norma	9 a.m. Core Commotion Lori	9 a.m. Zumba Jackie	
10 a.m. Pilates Kelly	10:15 a.m. Zumba Jamie	10 a.m. Muscle Works Jenni		10a.m. Yoga Lori	10 a.m. PIYO Lauren	
5 p.m. Zumba Lisa	5:30 p.m. Turbo Kick Nancy C	5:30 p.m. Zumba Kelly	5:30 p.m. Yoga Janice			
6 p.m. Step Jenni	6:30 p.m. Piloga Nancy C	6:30 p.m. Muscle Works Kelly	6:30 p.m. Hip Hop Hustle Lauren			
7 p.m. PIYO Jenni	7:30 p.m. Dynamics DFM Trainers 30mins		7:30 p.m. Zumba Kate			

For schedule on website [www.clubfitness.us](http://www.clubfitness.us). Please call to confirm as schedule is subject to change

### Class Descriptions:

**Core Commotion:** Join in this fun workout challenge using light to medium weights to work the whole body. Burn calories while creating a “commotion” throughout your core.

**Hip Hop Hustle:** A choreographed combination of fitness & dance moves that anyone can do. Bring your fun attitude & smile & dance the pounds off.

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

**PIYO:** A combination of pilates & yoga moves.

**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!

**Zumba:** Dance your way to a fitter you; exciting & unique LATIN moves and rhythms.

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

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