



**WOOD RIVER, IL**  
**Club Fitness – 618-216 5852**  
**Group Exercise Schedule**  
**Effective January 16<sup>th</sup> 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 a.m. Turbo Kick Marissa (60 min)	9:00 a.m. Muscle Works Denise (60 min)		9:30 a.m. Piyo Strength Marissa (60 min)	9:30 a.m. Hip Hop Hustle Marissa (60 min)	9:00 a.m. Zumba Denise (45 min)	
		10:00 a.m. Zumba Karen (60 min)			9:45 a.m. Butts and Guts Denise (30 mins)	
5:00 p.m. Live Walk Away the Pounds Kate (60 min)	5:30 p.m. Dynamics DFM Trainers (30 min)	5:30 p.m. Zumba Denise (60 min)	5:30 p.m. Cardio Mix Kim (60 min)			
6:00 p.m. Hip Hop Hustle Dena (60 min)	6:30 p.m. Turbo Kick Denise (60 min)	6:30 p.m. Butts and Guts Kim (45 min)	6:30 p.m. Zumba Heather (60 min)			
7:00 p.m. Muscle Works Dena (45 min)	7:30 p.m. Piyo Strength Denise (60 min)					

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

**Class Descriptions:**

- Cardio Mix:** A fun mix of all cardio exercise. Can be low or high impact. Burn calories, burn fat and have fun!
- TurboKick:** Find your inner power as you kick and punch your way to a more fit, more empowered YOU! Quite a calorie burner!
- Muscle Works:** A FUN blend of any type of cardiovascular work (low/high impact, step, boxing, drills) to burn calories and 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.
- Hip Hop Hustle:** A fun Hip Hop Dance Class designed to offer a great cardio workout! (Low/High Impact).
- Zumba:** Another fun choreographed cardio workout. (Low/High Impact). Join the party!
- Butts and Guts:** A 30 min. blast to the abs and glutes.
- Piyo Strength:** A wonderful fusion class including practices from Pilates and Yoga. Piyo Strength focuses on internal strength, resistance, and core.