






TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30 AM			CLUB FITNESS Holly STRENGTH	 ZUMBA Ana	CLUB FITNESS Holly CARDIO	8:30 AM		
9:00 AM						9:00 AM	 ZUMBA Robyn	
10:00 AM						10:00 AM	POUND JENNIFER	
5:00 PM		 DFM Trainer 30min						
5:30 PM	CLUB FITNESS YOGA Judy	CLUB FITNESS YOGA Judy		CLUB FITNESS Dena KICKBOXING				
6:30 PM	 ZUMBA Ana			 ZUMBA Erinn M				



All classes are reviewed and revised often. We assess and make changes monthly with the help of your feedback and the resources we have available.

CLUB FITNESS ALTON | 1837 HOMER M ADAMS PARKWAY, ALTON ILLINOIS 62002 | 618.208.0090

FITNESS FOR EVERY BODY.