






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



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.**