

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
						8:00 AM	CLUB FITNESS STEP Wendy	LES MILLS BODY PUMP Adam
9:00 AM	LES MILLS BODY PUMP Melissa	CLUB FITNESS STEP Wendy	LES MILLS BODY PUMP Erica	LES MILLS BODY PUMP CXWORX Michele	LES MILLS BODY COMBAT Christina	9:15 AM	LES MILLS BODY PUMP Becky	LES MILLS BODY COMBAT Adam
10:15 AM	CLUB FITNESS YOGA Melissa	tone Wendy	CLUB FITNESS YOGA Melissa	tone Wendy	CLUB FITNESS YOGA Melissa	10:30 AM	LES MILLS BODY COMBAT Becky	ZUMBA FITNESS Georgette
4:30 PM	LES MILLS BODY COMBAT Christina	LES MILLS BODY PUMP Adam	LES MILLS BODY COMBAT Katie	LES MILLS BODY PUMP Kirstie				
5:45 PM	LES MILLS BODY PUMP Christina	CLUB FITNESS YOGA Melissa D.	LES MILLS BODY PUMP Katie	LES MILLS BODY COMBAT Aimee				

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:15 AM		CLUB FITNESS CYCLE Sean		CLUB FITNESS CYCLE Sean		9:00 AM	CLUB FITNESS CYCLE Kristin	
9:15 AM	CLUB FITNESS CYCLE Reggie		CLUB FITNESS CYCLE Melissa		CLUB FITNESS CYCLE Melissa			
5:15 PM		CLUB FITNESS CYCLE Kristin		CLUB FITNESS CYCLE Kristin				
6:00 PM	CLUB FITNESS CYCLE Mallory		CLUB FITNESS CYCLE Kristin					

BURN ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:15 AM		BURN ZONE Sean		BURN ZONE Sean		9:00 AM	BURN ZONE Wendy	
10:15 AM	BURN ZONE Reggie		BURN ZONE Wendy		BURN ZONE Reggie			
5:30 PM	BURN ZONE Rebecca			BURN ZONE Brenda				
6:00 PM		BURN ZONE Melissa	BURN ZONE Christina					

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 ELLISVILLE | 15890 MANCHESTER RD. ELLISVILLE MO 63011

FITNESS FOR EVERY BODY.

CLASS DESCRIPTIONS

STRENGTH

LES MILLS BODY PUMP
THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit - fast.

LES MILLS CXWORX
Exercising muscles around the core providing the vital ingredient for a stronger body.

HIGH INTENSITY INTERVAL TRAINING

BURN ZONE
Coach led or virtual high intensity intervals class using treadmills, rowers, weights, and core movements to burn a ton of calories in just 50 minutes.

CARDIO

LES MILLS BODYCOMBAT
A high-energy mixed martial-arts consisting of non-contact punches and kicks leaving you feeling stress free and empowered.

CLUB FITNESS STEP
A cardio workout using the step, with particular emphasis on hips, thighs, abdominals, and glutes.

MIND & BODY (flexibility & relaxation)

CLUB FITNESS YOGA
A beautiful freestyle class that develops endurance, strength, and focus and challenges the mind and body equally.

CYCLE STUDIO

CLUB FITNESS CYCLE
A low-impact indoor cycle class that increases your aerobic/anaerobic capacity, burn calories and jump-start your metabolism with this simulated outdoor-ride set to

LES MILLS RPM
The play symbol is where you will find a virtual option of our cycle classes-RPM (50 mins) SPRINT (30 mins). Find the time that works for you and enjoy class at your convenience.

CROSS TRAINING

LES MILLS tone
A mix of cardio, resistance and core while playing with different training concepts, lunges, squats, and functional movements using bands and weights for resistance.

DANCE

ZUMBA FITNESS
A dance class that combines fast and slow rhythms to tone and sculpt the body using principles from aerobic and fitness to achieve cardio and muscle-toning benefits.

VIRTUAL CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:15 AM & 7:00 AM							
8:00 AM							
10:30 AM							
12:00 PM							
2:00 PM & 3:00 PM							
4:00 PM							
5:15 PM							
7:45 PM & 8:30 PM							

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