

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30 AM						8:30 AM	<b>CLUB FITNESS</b> Nancy <b>KICKBOXING</b>	
9:00 AM	 <b>ZUMBA</b> Kim FITNESS	 <b>ZUMBA</b> Kim toning	 <b>ZUMBA</b> Sheri FITNESS	 <b>ZUMBA</b> Kim STEP	 <b>ZUMBA</b> Sheri FITNESS	9:00 AM		
9:30 AM						9:30 AM	<b>CLUB FITNESS</b> Nancy <b>STRENGTH</b>	
10:00 AM					 Airiel	10:00 AM		
10:30 AM						10:30 AM	 <b>ZUMBA</b> Sheri FITNESS	
5:30 PM	 <b>ZUMBA</b> Ashley FITNESS	 Sandy	<b>CLUB FITNESS</b> Nancy <b>STRENGTH</b>					
6:15 PM				 Trainer				
6:30 PM	<b>CLUB FITNESS</b> Nancy <b>STRENGTH</b>	 <b>STRONG</b> by ZUMBA Sabrina	<b>CLUB FITNESS</b> Nancy <b>CARDIO</b>					
7:30 PM	<b>CLUB FITNESS</b> <b>STEP</b> Nancy							



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 FAIRVIEW HEIGHTS | 1953 WEST HWY 50, FAIRVIEW HEIGHTS ILLINOIS  
62208 | 618.589.1117**

**FITNESS FOR  
EVERY BODY.**