

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