



GROUP X STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	ZUMBA Jennifer	CLUB FITNESS INTERVALS Elina	CLUB FITNESS YOGA Pattra	ZUMBA Jennifer	CLUB FITNESS YOGA Jim	9:00 AM	CLUB FITNESS INTERVALS Carolyn	
5:00 PM	PiYO Shana		CLUB FITNESS HIIT Carolyn					
6:15 PM	Turbo KICK Shana	CLUB FITNESS YOGA Pattra	CLUB FITNESS YOGA Jim	ZUMBA Elina				

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. For a full schedule, please visit clubfitness.us or download our app.

CLUB FITNESS AFFTON | 10047 GRAVOIS RD, AFFTON MISSOURI 63123

FITNESS FOR EVERY BODY.

CLASS DESCRIPTIONS

CARDIO



A cardio workout that teaches participants boxing moves such as kicks and punches.

HIGH INTENSITY INTERVAL TRAINING



An interval-based class which includes strength & endurance training with major focus on full body, form and technique.



This workout is a little bit of everything: core, resistance training, cardio,

MIND & BODY (flexibility & relaxation)



A mix of Pilates, Yoga, and functional training, with moves that are choreographed to motivating music.



A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.

DANCE



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.