



| TIME     | MONDAY                              | TUESDAY  | WEDNESDAY   | THURSDAY                                | FRIDAY                              | TIME    | SATURDAY                                | SUNDAY |
|----------|-------------------------------------|--|---|---|-------------------------------------|---------|---|--------|
| 9:00 AM  | <b>LES MILLS BODY PUMP</b><br>Wendy | <b>CLUB FITNESS STEP</b><br>Karen  | <b>LES MILLS BODY PUMP</b><br>Katie W   | <b>LES MILLS BODY COMBAT</b><br>Katie H | <b>LES MILLS BODY PUMP</b><br>Karen | 8:00 AM | <b>LES MILLS BODY COMBAT</b><br>Katie H |        |
| 10:15 AM | <b>CLUB FITNESS YOGA</b><br>Jim     | <b>PiYO</b><br>Karen   |   |   | <b>CLUB FITNESS PILATES</b><br>Gary |         |   |        |
| 11:00 AM |                                     |  | <br>Silver Sneakers<br>Cindy |   |                                     |         |   |        |
| 4:30 PM  | <b>LES MILLS tone</b><br>Sabrina    | <b>LES MILLS BODY PUMP</b><br>MJ   | <b>CLUB FITNESS PILATES</b><br>Gary   | <b>LES MILLS tone</b><br>MJ             |                                     |         |   |        |
| 5:45 PM  | <b>LES MILLS BODY PUMP</b><br>Angie |  | <b>LES MILLS BODY COMBAT</b><br>Sabrina   |   |                                     |         |   |        |
| 6:00 PM  |                                     |  <b>ZUMBA FITNESS</b><br>Ashton |   | <b>CLUB FITNESS PILATES</b><br>Gary     |                                     |         |   |        |

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](http://clubfitness.us) or download our app.

CLUB FITNESS ARNOLD | 2218 MICHIGAN AVE, ARNOLD, MISSOURI 63010 | 636.287.3921

# CLASS DESCRIPTIONS

## STRENGTH



THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast.

## CARDIO



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



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

## CROSS TRAINING



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

## MIND & BODY (flexibility & relaxation)



A conditioning workout to help you build strength, lose weight, increase flexibility and have a great time doing it.



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.

## SILVER SNEAKERS



Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.