



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
7:45 AM	 Silver Sneakers Wendy					9:15 AM	LES MILLS BODYCOMBAT Aimee	
9:00 AM	LES MILLS BODYPUMP Wendy	CLUB FITNESS STEP Karen	LES MILLS BODYPUMP Katie W	LES MILLS BODYCOMBAT Katie H	LES MILLS BODYPUMP Karen	10:30 AM	LES MILLS tone Wendy	
10:15 AM	CLUB FITNESS YOGA Jim	PiYO Karen	 Silver Sneakers Katie W		CLUB FITNESS PILATES Gary			
4:30 PM	LES MILLS tone Sabrina	LES MILLS BODYPUMP MJ	CLUB FITNESS PILATES Gary	LES MILLS tone MJ				
6:00 PM	LES MILLS BODYPUMP Angie	LES MILLS BODYCOMBAT Cassie	LES MILLS BODYPUMP Beth	CLUB FITNESS PILATES 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 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.