

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
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	8:00 AM	LES MILLS BODYCOMBAT Katie H	
10:15 AM	CLUB FITNESS YOGA Jim	PIYO Karen	CLUB FITNESS HIIT Stacy	ZUMBA FITNESS Ashton	CLUB FITNESS PILATES Gary	9:15 AM	LES MILLS BODYPUMP Katie H	LES MILLS BODYCOMBAT Kristin
11:15 AM			Silver Sneakers Cindy			10:30 AM	CLUB FITNESS YOGA Sabrina	ZUMBA FITNESS Ashton
4:30 PM	LES MILLS tone Sabrina	LES MILLS BODYPUMP MJ	CLUB FITNESS PILATES Gary	LES MILLS tone MJ				
5:45 PM	LES MILLS BODYPUMP Angie		LES MILLS BODYCOMBAT Sabrina					
6:00 PM		ZUMBA FITNESS Ashton		CLUB FITNESS PILATES Gary				

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM	CLUB FITNESS CYCLE Michelle				CLUB FITNESS CYCLE Karen			
5:30 PM	CLUB FITNESS CYCLE Ray	CLUB FITNESS HIIT CYCLE Lori		CLUB FITNESS CYCLE Michelle				

BURN ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:15 AM	BURN ZONE Wendy		BURN ZONE Wendy			8:00 AM	BURN ZONE Mike	
9:00 AM	BURN ZONE Angie		BURN ZONE Stacy		BURN ZONE Mike	9:15 AM	BURN ZONE Sabrina	
5:30 PM	BURN ZONE Crystal			BURN ZONE Crystal				

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 | 215 ARNOLD CROSSROADS CENTER, ARNOLD, MISSOURI 63010

VIRTUAL CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM & 6:30AM & 7:15 AM							
8:00 AM							
9:15 AM & 10:30 AM							
11:45 AM & 12:30 PM							
1:15 PM & 2:30 PM							
3:45 PM & 4:30 PM							
5:30 PM							
6:45 PM & 7:30 PM & 8:15 PM							

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ARNOLD, MISSOURI 63010


FITNESS FOR EVERY BODY.

CLASS DESCRIPTIONS

STRENGTH


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


 LES MILLS BODYCOMBAT	A high-energy mixed martial-arts consisting of non-contact punches and kicks leaving you feeling stress free and empowered.
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 CLUB FITNESS STEP	A cardio workout using the step, with particular emphasis on hips, thighs, abdominals, and glutes.
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CROSS TRAINING

 LES MILLS tone	A mix of cardio, resistance and core while playing with different training concepts, lunges, squats, and functional movements using bands and weights for resistance.
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MIND & BODY (flexibility & relaxation)


 CLUB FITNESS PILATES	A conditioning workout to help you build strength, lose weight, increase flexibility and have a great time doing it.
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 PIYO	A mix of Pilates, Yoga, and functional training, with moves that are choreographed to motivating music.
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 CLUB FITNESS YOGA	A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.
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HIGH INTENSITY INTERVAL TRAINING


 BURN ZONE	Coach led or virtual high intensity intervals class using treadmills, rowers, weights, and core movements for a high calorie burn.
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 CLUB FITNESS HIIT	An interval-based class which includes strength & endurance training with major focus on full body, form and technique.
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DANCE

 ZUMBA FITNESS	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.
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SILVER SNEAKERS


 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.
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CYCLE

 CLUB FITNESS CYCLE	A low-impact indoor cycle class that increases your aerobic/anaerobic capacity, burn calories and jump-start your metabolism with this simulated outdoor-ride set to energizing music.
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 CLUB FITNESS HIIT CYCLE	A 30 minute freestyle High-Intensity Interval Training (HIIT) workout using an indoor bike.
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 LES MILLS RPM	A group indoor cycling low-impact workout where you control the intensity
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 LES MILLS Sprint	LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
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 LES MILLS RPM	The play symbol is where you will find a virtual option of each cycle program listed. Find the time that works for you and enjoy class at your convenience.
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