







TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	LES MILLS BODYPUMP Jessica	CLUB FITNESS STRENGTH Taylor	CLUB FITNESS YOGA Katie		CLUB FITNESS CLUB FITNESS HIIT CORE Jessica	8:00 AM	LES MILLS BODYPUMP Donna	
10:15 AM	 SilverSneakers Jessica			LES MILLS BODYPUMP Natasha	 SilverSneakers Jessica	9:15 AM	 ZUMBA FITNESS Leslie	
5:30 PM	 ZUMBA FITNESS Crystal		LES MILLS BODYPUMP Sharon	CLUB FITNESS STEP Nancy				

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
						7:30 AM	 SPINNING Maggie	
6:00 PM		 SPINNING Maggie						




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 BELLEVILLE | 20 CARLYLE PLAZA DR, BELLEVILLE, IL 62221 | 618.235.2687

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.
 CLUB FITNESS CORE	A core focused workout using body weight, light resistance, and high repetitions.
 CLUB FITNESS STRENGTH	A total body workout going through a variety of ranges and tempos.


CARDIO

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

MIND & BODY (flexibility & relaxation)

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


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.
---	---

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.
---	--

CYCLE

 SPINNING	An indoor cycle class that focuses on endurance, strength, intervals, high intensity, and recovery.
--	---