





TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	LES MILLS BODYPUMP Renaë	CLUB FITNESS STRENGTH Jaxon	CLUB FITNESS YOGA Katie			8:00 AM	LES MILLS BODYPUMP Donna	
10:15 AM				LES MILLS BODYPUMP Renaë		9:15 AM	 ZUMBA FITNESS Leslie	
5:15 PM	 ZUMBA FITNESS Crystal		CLUB FITNESS STRENGTH Jaxon	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 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.
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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.
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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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CYCLE

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