





TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	<b>LES MILLS BODYPUMP</b> Jessica	<b>CLUB FITNESS STRENGTH</b> Jaxon	<b>CLUB FITNESS YOGA</b> Katie		<b>CLUB FITNESS CLUB FITNESS HIIT CORE</b> Jessica	8:00 AM	<b>LES MILLS BODYPUMP</b> Donna	
						9:15 AM	 <b>ZUMBA FITNESS</b> Leslie	
5:30 PM	 <b>ZUMBA FITNESS</b> Crystal		<b>LES MILLS BODYPUMP</b> Sharon	<b>CLUB FITNESS STEP</b> Nancy				

# CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
						7:30 AM	 <b>SPINNING</b> Maggie	
6:00 PM		 <b>SPINNING</b> 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](http://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

 <b>LES MILLS BODYPUMP</b>	THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit - fast.
 <b>CLUB FITNESS STRENGTH</b>	A total body workout going through a variety of ranges and tempos.


## CARDIO

 <b>CLUB FITNESS STEP</b>	A cardio workout using the step, with particular emphasis on hips, thighs, abdominals, and glutes.
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## MIND & BODY (flexibility & relaxation)

 <b>CLUB FITNESS YOGA</b>	A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.
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## DANCE

 <b>ZUMBA FITNESS</b>	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

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