






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

CYCLE STUDIO

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

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.
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HIGH INTENSITY INTERVAL TRAINING

 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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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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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

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