





| 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 | | | | LES MILLS BODYPUMP Natasha | | 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

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|  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

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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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MIND & BODY (flexibility & relaxation)

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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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DANCE

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|  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

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