





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 Leslie	
5:15 PM	 ZUMBA Crystal		CLUB FITNESS STRENGTH Jaxon	CLUB FITNESS STEP Nancy				
6:30 PM		CLUB FITNESS YOGA Maggie						

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
						7:30 AM	 SPINNING Maggie	
5:30 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.

ALL CLASSES REQUIRE A TICKET. PLEASE SEE A FRONT DESK ASSOCIATE.

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

FITNESS FOR EVERY BODY. 

CLASS DESCRIPTIONS

STRENGTH



THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast.



A total body workout going through a variety of ranges and tempos.

CARDIO



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

MIND & BODY (flexibility & relaxation)



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

DANCE



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.

CYCLE



A low-pact indoor cycle class that increases your aerobic/anaerobic capacity, burn calories and jump-start your metabolism with this simulated outdoor-ride set to energizing music.



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