

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	<b>LES MILLS BODYPUMP</b> Gale	<b>CLUB FITNESS STEP</b> Gale	<b>LES MILLS BODYPUMP</b> Gale	<b>CLUB FITNESS STEP</b> Gale		8:00 AM	<b>LES MILLS BODYPUMP</b> Kirstie	<b>LES MILLS BODYPUMP</b> Kathie
9:15 AM					<b>CLUB FITNESS CORE CARDIO</b> Gale	9:30 AM	<b>CLUB FITNESS STEP</b> Gale/Dawn	<b>CLUB FITNESS YOGA</b> Jim
10:15 AM	<b>PIYO</b> Karen	<b>LES MILLS BODYPUMP</b> Shelley		<b>LES MILLS BODYPUMP</b> Elena		10:45 AM	<b>ZUMBA FITNESS</b> Rachel	
10:30 AM					<b>CLUB FITNESS YOGA</b> Jim			
5:00 PM	<b>CLUB FITNESS YOGA</b> Jim	<b>TURBO KICK</b> Kirstie	<b>ZUMBA FITNESS</b> Isabel	<b>ZUMBA toning</b> Melanie	<b>LES MILLS BODYPUMP</b> Robin			
6:15 PM	<b>TURBO KICK</b> Jenn	<b>LES MILLS BODYPUMP</b> Kirstie	<b>CLUB FITNESS PILATES</b> Gary	<b>ZUMBA FITNESS</b> Rachel				

# CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	<b>CLUB FITNESS CYCLE</b> Karen					8:15 AM	<b>CLUB FITNESS CYCLE</b> Shelly	
5:00 PM	<b>CLUB FITNESS CYCLE</b> Shelly			<b>CLUB FITNESS CYCLE</b> Robin				


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 CREVE COEUR | 957 WOODCREST EXECUTIVE DR, CREVE COEUR MISSOURI 63141 | 314.542.2582




**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.
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## CARDIO

 <b>TURBO KICK</b>	An cardio workout that teaches participants boxing moves such as kicks and punches.
 <b>CLUB FITNESS CORE CARDIO</b>	A mix of cardio and core while playing with different training concepts and functional movements.
 <b>CLUB FITNESS STEP</b>	A cardio workout using the step, with particular emphasis on hips, thighs, abdominals, and glutes.





## MIND & BODY (flexibility & relaxation)

 <b>CLUB FITNESS PILATES</b>	A system of exercises designed to improve physical strength, flexibility, and posture while enhancing mental awareness.
 <b>PIYO</b>	PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga
 <b>CLUB FITNESS YOGA</b>	A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.

## 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.
 <b>ZUMBA TONING</b>	A dance class using Latin and international music combined with light weights for upper and lower body work.

## CYCLE

 <b>CLUB FITNESS CYCLE</b>	A low-impact 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.
 <b>LES MILLS RPM</b>	A group indoor cycling low-impact workout where you control the intensity
 <b>LES MILLS SPRINT</b>	LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
 <b>LES MILLS RPM</b>	The play symbol is where you will find a virtual option of each cycle program listed. Find the time that works for you and enjoy class at your convenience.

# VIRTUAL CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>
6:15AM	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>
8:00 AM	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>		<b>sprint</b>
9:15 AM		<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>
10:30 AM & 11:15AM	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>
12:00 PM	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>
1:15PM, 2:30PM, & 3:45PM	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>
5:30 PM		<b>RPM</b>	<b>RPM</b>		<b>RPM</b>	<b>RPM</b>	<b>RPM</b>
6:45PM	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>
7:30 PM, 8:15 PM, & 9:00 PM	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>

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