







# GROUP X STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	 <b>ZUMBA</b> FITNESS Kim	 <b>Turbo KICK</b> Ariel	<b>CLUB FITNESS TONING</b> LeAnne	<b>CLUB FITNESS KICKBOXING</b> LeAnne	<b>CLUB FITNESS STRENGTH</b> LeAnne	9:00 AM	<b>CLUB FITNESS STEP STRENGTH</b> Maggie	
10:15 AM		 <b>Silver Sneakers</b> Holly		 <b>Silver Sneakers</b> Ariel		10:15 AM	<b>CLUB FITNESS YOGA</b> Meg	
5:30 PM	<b>CLUB FITNESS CARDIO</b> Edith	<b>CLUB FITNESS STRENGTH</b> Edith	<b>CLUB FITNESS STEP STRENGTH</b> Maggie	<b>CLUB FITNESS STRENGTH</b> Edith				

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 COLLINSVILLE | 571 BELTLINE RD, COLLINSVILLE, IL 62234 | 618.345.2582

**FITNESS FOR EVERY BODY.** 

# CLASS DESCRIPTIONS

## STRENGTH

**CLUB FITNESS**  
**STRENGTH** A total body workout going through a variety of ranges and tempos.

## CARDIO

**CLUB FITNESS**  
**CARDIO** The main focus of a Cardio class is to burn calories and these classes include step work, dance, and total body weight training.

**CLUB FITNESS**  
**KICKBOXING** A cardio workout that teaches participants boxing moves such as kicks and punches.

**CLUB FITNESS**  
**STEP STRENGTH** A combination of the strength and cardio allows class participants to experience both types of training and full body resistance training.

**Turbo**  
**KICK** A cardio workout that teaches participants boxing moves such as kicks and punches.


## CROSS TRAINING

**CLUB FITNESS**  
**TONING** A mix of cardio, resistance, and core to provide a total body aerobic and strength conditioning workout.

## 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.

## 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.

## SILVER SNEAKERS

 **SilverSneakers** 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.