







GROUP X STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	 Kim	 Ariel	 LeAnne	 LeAnne	<i>CLUB FITNESS</i> STRENGTH LeAnne	9:00 AM	<i>CLUB FITNESS</i> STEP STRENGTH Maggie	
						10:15 AM	<i>CLUB FITNESS</i> YOGA Meg	
5:30 PM	<i>CLUB FITNESS</i> CARDIO Edith	<i>CLUB FITNESS</i> STRENGTH Edith	<i>CLUB FITNESS</i> STEP STRENGTH Maggie	<i>CLUB FITNESS</i> STRENGTH 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 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.

PILOXING A cardio workout fusion of standing pilates, boxing, and dance.

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.

MIND & BODY (flexibility & relaxation)

PiYO A mix of Pilates, Yoga, and functional training, with moves that are choreographed to motivating music.

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.