



# GROUP X STUDIO

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

**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.

## 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.

## 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.