

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

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	CLUB FITNESS CYCLE Karen					8:15 AM	CLUB FITNESS CYCLE Shelly	
5:00 PM	CLUB FITNESS CYCLE Shelly			CLUB FITNESS CYCLE 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 or download our app.

VIRTUAL CLASS SCHEDULE

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


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CLUB FITNESS CREVE COEUR | 957 WOODCREST EXECUTIVE DR, CREVE COEUR MISSOURI 63141 |

FITNESS FOR EVERY BODY.

CLASS DESCRIPTIONS

STRENGTH

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

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

 CLUB FITNESS PILATES	A system of exercises designed to improve physical strength, flexibility, and posture while enhancing mental awareness.
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 PIYO	PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga
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 CLUB FITNESS YOGA	A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.
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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.
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 ZUMBA TONING	A dance class using Latin and international music combined with light weights for upper and lower body work.
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CYCLE

 CLUB FITNESS CYCLE	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.
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 LES MILLS RPM	A group indoor cycling low-impact workout where you control the intensity
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 LES MILLS SPRINT	LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
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 LES MILLS RPM	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.
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