

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	CLUB FITNESS CORE CARDIO Wendy	8:00 AM	LES MILLS BODYPUMP Kirstie	LES MILLS BODYPUMP Kathie
9:30 AM						9:30 AM	CLUB FITNESS STEP Gale	CLUB FITNESS YOGA Jim
10:15 AM		LES MILLS BODYPUMP Shelley		LES MILLS BODYPUMP Elena		10:45 AM	ZUMBA Rachel	
10:30 AM					CLUB FITNESS YOGA Jim			
4:30 PM	CLUB FITNESS PILOGA Jim		ZUMBA Isabel					
5:00 PM		LES MILLS BODYPUMP Kirstie			LES MILLS BODYPUMP Robin			
6:15 PM	TURBO KICK Jenn		CLUB FITNESS PILATES Gary	ZUMBA Rachel				

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM	CLUB FITNESS CYCLE Michelle S.					8:15 AM	SPINNING Shelly	
5:00 PM	SPINNING Shelly			SPINNING Robin				
5:30 PM		SPINNING Michelle P.						

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.

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

FITNESS FOR EVERY BODY. 

CLASS DESCRIPTIONS

STRENGTH



THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit - fast.

CARDIO



An cardio workout that teaches participants boxing moves such as kicks and punches.



A mix of cardio and core while playing with different training concepts and functional movements.



A cardio workout using the step, with particular emphasis on hips, thighs, abdominals, and glutes.

MIND & BODY (flexibility & relaxation)



This class works participants with a blend of both yoga and Pilates, focusing on concentration, core training and balance.



Pilates is a method of exercise designed to stretch, strengthen, and balance the core and the body.



A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.

DANCE



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.

CYCLE



Indoor cycling classes put participants on a bike to increase their metabolism and lower body definition using a variety of challenging positions with differing resistances and speeds to get the most out of their ride.



The play symbol is where you will find a virtual option of each program listed above that we also offer live. 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							
6:15 AM							
8:00 AM							
8:30 AM							
9:15 AM							
10:30 AM & 11:15 AM							
12:00 PM							
1:15 PM, 2:30 PM, & 3:45 PM							
5:00 PM							
6:15 PM							
7:30 PM, 8:15 PM, & 9:00 PM							

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