


TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:15 AM		LES MILLS BODYPUMP Aimee		LES MILLS BODYCOMBAT Aimee		8:00 AM	CLUB FITNESS STEP Wendy	LES MILLS BODYPUMP Adam
9:00 AM	LES MILLS BODYPUMP Kristin	CLUB FITNESS STEP Wendy	LES MILLS BODYPUMP Erica	LES MILLS BODYPUMP CORE Michele	LES MILLS BODYCOMBAT Erica	9:15 AM	LES MILLS BODYPUMP Aimee	LES MILLS BODYCOMBAT Adam
10:15 AM	CLUB FITNESS YOGA Melissa D.	LES MILLS tone Wendy	CLUB FITNESS YOGA Erica	LES MILLS tone Wendy	CLUB FITNESS YOGA Melissa D.	10:30 AM	LES MILLS BODYCOMBAT Aimee	
11:30 AM			 Silver Sneakers Wendy					
4:30 PM	LES MILLS BODYCOMBAT Christina	LES MILLS BODYPUMP Adam	LES MILLS BODYCOMBAT Katie D.	LES MILLS BODYPUMP Kirstie				
5:45 PM	LES MILLS CORE Christina	CLUB FITNESS YOGA Melissa D.	LES MILLS BODYPUMP Katie D.	LES MILLS BODYCOMBAT Katie H.				

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:15 AM		CLUB FITNESS CYCLE Sean		CLUB FITNESS CYCLE Sean		8:30 AM	CLUB FITNESS CYCLE Kristin	
9:15 AM	CLUB FITNESS CYCLE Sean		CLUB FITNESS CYCLE Kristin		CLUB FITNESS CYCLE Kristin			
5:15 PM		CLUB FITNESS CYCLE Kristin		CLUB FITNESS CYCLE Kristin				

BURN ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:15 AM		BURN ZONE Sean		BURN ZONE Sean		9:00 AM	BURN ZONE Wendy	BURN ZONE Reuben
10:15 AM	BURN ZONE Sean		BURN ZONE Wendy		BURN ZONE Kristin			
5:30 PM	BURN ZONE Rebecca		BURN ZONE Reuben					
6:00 PM		BURN ZONE Katie D.						



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 ELLISVILLE | 15890 MANCHESTER RD. ELLISVILLE MO 63011
636-220-2582


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.
 LES MILLS CORE	Exercising muscles around the core providing the vital ingredient for a stronger body.


HIGH INTENSITY INTERVAL TRAINING

 BURN ZONE	Coach led or virtual high intensity intervals class using treadmills, rowers, weights, and core movements for a high calorie burn.
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CARDIO

 LES MILLS BODYCOMBAT	A high-energy mixed martial-arts consisting of non-contact punches and kicks leaving you feeling stress free and empowered.
 CLUB FITNESS STEP	A cardio workout using the step, with particular emphasis on hips, thighs, abdominals, and glutes.


MIND & BODY (flexibility & relaxation)

 CLUB FITNESS YOGA	A beautiful freestyle class that develops endurance, strength, and focus and challenges the mind and body equally.
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CYCLE STUDIO

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

CROSS TRAINING

 LES MILLS TONE	A mix of cardio, resistance and core while playing with different training concepts, lunges, squats, and functional movements using bands and weights for resistance.
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SILVER SNEAKERS

 SILVER SNEAKERS	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
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VIRTUAL CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:15 AM & 7:00 AM							
8:00 AM							
9:30 AM							
10:30 AM							
12:00 PM							
2:00 PM & 3:00 PM							
4:00 PM							
5:15 PM							
6:45 PM							
7:45 PM & 8:30 PM & 9:15 PM & 10:00 PM							

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