

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30 AM			CLUB FITNESS YOGA Meg			9:00 AM	LES MILLS BODYPUMP LeAnne	
9:15 AM	CLUB FITNESS STRENGTH Holly	CLUB FITNESS CLUB FITNESS STRENGTH CORE Holly		CLUB FITNESS CARDIO Holly	CLUB FITNESS STRENGTH Holly	10:15 AM	 ZUMBA FITNESS Kelly	
5:30 PM								
6:30 PM	 ZUMBA FITNESS Ana	CLUB FITNESS STRENGTH Holly	 ZUMBA toning Kelly	 ZUMBA FITNESS Ana				




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 EAST ALTON | 47 EASTGATE PLAZA, EAST ALTON, IL 62024 | 618.208.0090

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.
 CLUB FITNESS CORE	A core focused workout using body weight, light resistance, and high repetitions.
 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.
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HIGH INTENSITY INTERVAL TRAINING

 CLUB FITNESS HIIT	An interval-based class which includes strength & endurance training with major focus on full body, form and technique.
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MIND & BODY (flexibility & relaxation)

 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.
 ZUMBA toning	A dance class using Latin and international music combined with light weights for upper and lower body work.

CYCLE

 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. Find the time that works for you and enjoy class at your convenience.

VIRTUAL CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM & 6:15 AM	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>
7:15 AM	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>
8:00 AM & 9:30 AM & 10:30 AM	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>
11:45 AM & 12:30 PM	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>
1:15 PM & 2:15 PM	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>
3:45 PM & 4:30 PM	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>
5:30 PM	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>	LES MILLS <i>RPM</i>
6:45 PM & 7:30 PM & 8:15 PM	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>	LES MILLS <i>sprint</i>

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