

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

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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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.
 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.




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.
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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.