

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
						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 Becky	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 Becky	
11:30 AM	Silver Sneakers Beth		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		9:00 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	
10:15 AM	BURN ZONE Reuben		BURN ZONE Wendy		BURN ZONE Kristin	10:30 AM	BURN ZONE Reuben	
4:45 PM	BURN ZONE Rebecca							
5:15 PM		BURN ZONE Katie D.	BURN ZONE Reuben					



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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