

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	<b>LES MILLS BODY PUMP</b> Terre	<b>ZUMBA FITNESS</b> Melanie	<b>ZUMBA FITNESS</b> Melanie	<b>TURBO KICK</b> Denise	<b>MIXXEDFIT</b> Melanie	9:00 AM	<b>CLUB FITNESS STEP</b> Roz	
10:15 AM	<b>CLUB FITNESS YOGA</b> Terre	<b>CLUB FITNESS STRENGTH</b> Melanie	<b>CLUB FITNESS PILOGA</b> Jim		<b>CLUB FITNESS CORE</b> Melanie	10:15 AM	<b>ZUMBA FITNESS</b> Tracey M.	
5:00 PM	<b>ZUMBA FITNESS</b> Tracey M.	<b>LES MILLS BODY PUMP</b> Samone	<b>PIYO</b> Denise	<b>CLUB FITNESS KICKBOXING</b> Karla				
6:15 PM	<b>CLUB FITNESS YOGA</b> Tracey M.	<b>ZUMBA FITNESS</b> Abby	<b>MIXXEDFIT</b> Erika	<b>ZUMBA FITNESS</b> Michelle B.				

# CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM	<b>CLUB FITNESS CYCLE</b> Ronald				<b>CLUB FITNESS CYCLE</b> Ronald	8:00 AM		<b>CLUB FITNESS CYCLE</b> Lina
						8:30 AM	<b>CLUB FITNESS CYCLE</b> Lina	
5:00 PM	<b>CLUB FITNESS CYCLE</b> Lina			<b>CLUB FITNESS CYCLE</b> Alicia		10:00 AM	<b>CLUB FITNESS CYCLE</b> Ronald	
5:30 PM			<b>CLUB FITNESS CYCLE</b> Ronald					
6:15 PM		<b>CLUB FITNESS CYCLE</b> Quinn						



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](http://clubfitness.us) or download our app.

CLUB FITNESS FLORISSANT | 745 N HWY 67, FLORISSANT, MISSOURI, 63031  
314-830-2582




**FITNESS FOR EVERY BODY.**

# CLASS DESCRIPTIONS

## STRENGTH

 <b>LES MILLS BODYPUMP</b>	THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast.
 <b>CLUB FITNESS CORE</b>	A high energy workout intergrating cardio and strength to enhance your fitness endurance level.




## CARDIO

 <b>CLUB FITNESS CARDIO</b>	A high energy workout intergrating cardio and strength to enhance your fitness endurance level.
 <b>Turbo KICK</b>	An cardio workout that teaches participants boxing moves such as kicks and punches.
 <b>CLUB FITNESS STEP</b>	A cardio workout using the step, with particular emphasis on hips, thighs, abdominals, and glutes.




## HIGH INTENSITY INTERVAL TRAINING

 <b>CLUB FITNESS HIIT</b>	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)

 <b>CLUB FITNESS YOGA</b>	A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.
 <b>PiYO</b>	PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga
 <b>CLUB FITNESS PILOGA</b>	This class works participants with a blend of both yoga and Pilates, focusing on concentration, core training and balance.

## DANCE

 <b>ZUMBA FITNESS</b>	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.
 <b>MIXXEDFIT</b>	A Fitness program that combines explosive dance movements with bodyweight toning.
 <b>CLUB FITNESS DANCE</b>	Freestyle dance class using upbeat music and fun dance moves to get the heart rate up.

## CYCLE

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

# VIRTUAL CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM							
6:15 AM							
7:00 AM							
8:30 AM							
10:00 AM							
11:15 AM & 12:00 PM							
1:00 PM & 2:15 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:30 PM & 8:30 PM							
9:45 PM							

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