

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

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM	CLUB FITNESS CYCLE Ronald				CLUB FITNESS CYCLE Ronald	8:00 AM		CLUB FITNESS CYCLE Lina
						8:30 AM	CLUB FITNESS CYCLE Lina	
5:00 PM	CLUB FITNESS CYCLE Lina			CLUB FITNESS CYCLE Alicia		10:00 AM	CLUB FITNESS CYCLE Ronald	
5:30 PM			CLUB FITNESS CYCLE Ronald					
6:15 PM		CLUB FITNESS CYCLE 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 or download our app.

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

FITNESS FOR EVERY BODY.

CLASS DESCRIPTIONS

STRENGTH



THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast.

CARDIO



A high energy workout intergrating cardio and strength to enhance your fitness endurance level.



An cardio workout that teaches participants boxing moves such as kicks and punches.



A cardio workout using the step, with particular emphasis on hips, thighs, abdominals, and glutes.

HIGH INTENSITY INTERVAL TRAINING



An interval-based class which includes strength & endurance training with major focus on full body, form and technique.

MIND & BODY (flexibility & relaxation)



A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.



PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga



This class works participants with a blend of both yoga and Pilates, focusing on concentration, core training and balance.

DANCE



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.



Freestyle dance class using upbeat music and fun dance moves to get the heart rate up.

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 music.



A group indoor cycling low-impact workout where you control the intensity



LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.



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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