





TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM	LES MILLS BODYPUMP Becky		LES MILLS BODYCOMBAT Becky			7:45 AM	LES MILLS BODYPUMP MJ	
7:45 AM			 Karen			9:00 AM	LES MILLS BODYPUMP Michelle S	LES MILLS BODYPUMP Maria
9:00 AM	CLUB FITNESS HIIT CORE Michele D	CLUB FITNESS YOGA Angie	LES MILLS BODYPUMP Karen	LES MILLS BODYATTACK Shannon	LES MILLS BODYCOMBAT Michele D	10:15 AM	 Laura	CLUB FITNESS YOGA Michelle S
10:15 AM	LES MILLS BODYATTACK Shannon	LES MILLS BODYPUMP Angie	CLUB FITNESS STEP Karen	CLUB FITNESS YOGA Angie	CLUB FITNESS HIIT Stacy			
11:30 AM	 Shannon							
4:30 PM		LES MILLS BODYPUMP Becky	LES MILLS BODYATTACK MJ					
5:00 PM	LES MILLS BODYCOMBAT Michelle S			LES MILLS BODYPUMP Sabrina				
5:45 PM		PiYO Denise	LES MILLS BODYCOMBAT Sabrina					
6:15 PM	CLUB FITNESS YOGA Michelle S			 Laura				

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	CLUB FITNESS CYCLE Deanna		LES MILLS RPM Jane		LES MILLS RPM Jane	9:00 AM	CLUB FITNESS CYCLE MJ	CLUB FITNESS CYCLE Ray
5:30 PM		CLUB FITNESS HIIT CYCLE Lori						
6:00 PM			CLUB FITNESS CYCLE Ray	CLUB FITNESS HIIT CYCLE Sean				

BURN ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:15 AM		BURN ZONE Sean		BURN ZONE Sean		9:15 AM	BURN ZONE Sabrina	
9:00 AM		BURN ZONE Stacy		BURN ZONE Stacy	BURN ZONE Stacy			
6:00 PM	BURN ZONE John		BURN ZONE John					


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 FENTON | 739 GRAVOIS BLUFFS BLVD, FENTON, MISSOURI, 63026

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.
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 CLUB FITNESS CORE	A core focused workout using body weight, light resistance, and high repetitions.
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CARDIO

 LES MILLS BODYATTACK	A high energy sports inspired cardio workout intergrating cardio and strength to enhance your fitness endurance level.
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 LES MILLS BODYCOMBAT	A high-energy mixed martial-arts consisting of non-contact punches and kicks leaving you feeling stress free and empowered.
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 CLUB FITNESS STEP	A cardio workout using the step, with particular emphasis on hips, thighs, abdominals, and glutes.
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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)

 PiYO	A mix of Pilates, Yoga, and functional training, with moves that are choreographed to motivating music.
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 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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SILVER SNEAKERS


 SilverSneakers	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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CYCLE

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

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

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