






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

## CYCLE STUDIO

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

## BURN ZONE





























































| TIME    | MONDAY                   | TUESDAY                   | WEDNESDAY                | THURSDAY                  | FRIDAY                    | TIME    | SATURDAY                    | SUNDAY |
|---------|--------------------------|---------------------------|--------------------------|---------------------------|---------------------------|---------|-----------------------------|--------|
| 5:15 AM |                          | <b>BURN ZONE</b><br>Sean  |                          | <b>BURN ZONE</b><br>Sean  |                           | 9:15 AM | <b>BURN ZONE</b><br>Sabrina |        |
| 9:00 AM |                          | <b>BURN ZONE</b><br>Stacy |                          | <b>BURN ZONE</b><br>Stacy | <b>BURN ZONE</b><br>Stacy |         |                             |        |
| 6:00 PM | <b>BURN ZONE</b><br>John |                           | <b>BURN ZONE</b><br>John |                           |                           |         |                             |        |

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

**FITNESS FOR EVERY BODY.**

## VIRTUAL CLASS SCHEDULE

| TIME                          | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
|-------------------------------|---|---|---|---|--|---|---|
| 5:30 AM                       |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |
| 6:15 AM, & 7:00 AM, & 7:45 am |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |
| 9:00 AM                       |   |  <b>Les Mills RPM</b>      |   |  <b>Les Mills RPM</b>      |  |   |   |
| 10:15 AM & 11:15 AM           |  <b>Les Mills RPM</b>      |  <b>Les Mills RPM</b>      |  <b>Les Mills RPM</b>      |  <b>Les Mills RPM</b>      |  <b>Les Mills RPM</b>      |  <b>Les Mills RPM</b>      |  <b>Les Mills RPM</b>      |
| 12:15 PM & 1:00 PM            |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |  <b>Les Mills sprint</b>   |
| 1:45 PM & 2:45 PM             |  <b>Les Mills RPM</b>    |  <b>Les Mills RPM</b>    |  <b>Les Mills RPM</b>    |  <b>Les Mills RPM</b>    |  <b>Les Mills RPM</b>    |  <b>Les Mills RPM</b>    |  <b>Les Mills RPM</b>    |
| 4:00 PM & 4:45 pm             |  <b>Les Mills sprint</b> |  <b>Les Mills sprint</b> |  <b>Les Mills sprint</b> |  <b>Les Mills sprint</b> |  <b>Les Mills sprint</b> |  <b>Les Mills sprint</b> |  <b>Les Mills sprint</b> |
| 5:30 PM                       |  <b>Les Mills RPM</b>    |   |   |   |  <b>Les Mills RPM</b>    |  <b>Les Mills RPM</b>    |  <b>Les Mills RPM</b>    |
| 6:45 PM                       |  <b>Les Mills RPM</b>    |  <b>Les Mills RPM</b>    |   |   |  <b>Les Mills RPM</b>    |  <b>Les Mills RPM</b>    |  <b>Les Mills RPM</b>    |
| 7:45 PM & 8:30 PM             |  <b>Les Mills sprint</b> |  <b>Les Mills sprint</b> |  <b>Les Mills sprint</b> |  <b>Les Mills sprint</b> |  <b>Les Mills sprint</b> |  <b>Les Mills sprint</b> |  <b>Les Mills sprint</b> |



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**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 core focused workout using body weight, light resistance, and high repetitions.                    |



## CARDIO

|   |   |
|---|---|
|  <b>LES MILLS BODYATTACK</b> | A high energy sports inspired cardio workout intergrating cardio and strength to enhance your fitness endurance level.      |
|  <b>LES MILLS BODYCOMBAT</b> | A high-energy mixed martial-arts consisting of non-contact punches and kicks leaving you feeling stress free and empowered. |
|  <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>BURN ZONE</b>         | Coach led or virtual high intensity intervals class using treadmills, rowers, weights, and core movements for a high calorie burn. |
|  <b>CLUB FITNESS HIIT</b> | An interval-based class which includes strength & endurance training with major focus on full body, form and technique.            |

## MIND & BODY (flexibility & relaxation)

|   |   |
|---|---|
|  <b>CLUB FITNESS PILATES</b> | A conditioning workout to help you build strength, lose weight, increase flexibility and have a great time doing it.    |
|  <b>CLUB FITNESS YOGA</b>    | A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally. |






## 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. |
|--|---|

## SILVER SNEAKERS

|  |  |
|--|--|
|  <b>SILVER SNEAKERS</b> | 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. |
|--|--|

## 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>CLUB FITNESS HIIT CYCLE</b> | A 30 minute freestyle High-Intensity Interval Training (HIIT) workout using an indoor bike.  |
|  <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.                            |