






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				 Shannon			
4:30 PM		LES MILLS BODYPUMP Becky						
5:00 PM	LES MILLS BODYCOMBAT Michelle S		LES MILLS BODYATTACK MJ	LES MILLS BODYPUMP Sabrina				
5:45 PM		CLUB FITNESS PILATES Gary						
6:15 PM	CLUB FITNESS YOGA Michelle S		CLUB FITNESS YOGA Crystal	 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.

VIRTUAL CLASS SCHEDULE

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



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



CARDIO

 LES MILLS BODYATTACK	A high energy sports inspired cardio workout intergrating cardio and strength to enhance your fitness endurance level.
 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.


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

MIND & BODY (flexibility & relaxation)

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






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

 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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CYCLE

 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.
 CLUB FITNESS HIIT CYCLE	A 30 minute freestyle High-Intensity Interval Training (HIIT) workout using an indoor bike.
 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.