

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	LES MILLS BODY PUMP Terre	ZUMBA FITNESS Melanie	ZUMBA FITNESS Amanda D.	TURBO KICK Denise	ZUMBA FITNESS 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 Terre	10:15 AM	ZUMBA FITNESS Tracey M.	
5:00 PM	ZUMBA FITNESS Tracey M.	LES MILLS BODY PUMP Samone	PIYO Denise	CLUB FITNESS CARDIODANCE Karla				
6:15 PM	CLUB FITNESS YOGA Tracey M.	ZUMBA FITNESS Abby	ZUMBA FITNESS Erika	ZUMBA FITNESS 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.



ALL CLASSES REQUIRE A TICKET. PLEASE SEE A FRONT DESK ASSOCIATE.

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




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.
 CLUB FITNESS CORE	Exercising muscles around the core providing the vital ingredient for a stronger body.




CARDIO

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



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)

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

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

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.
 LES MILLS RPM	The play symbol is where you will find a virtual option of each program listed above that we also offer live. 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							
7:30 PM & 8:30 PM							

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