




TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM	LES MILLS BODYPUMP Gabby	CLUB FITNESS HIIT Katie W	LES MILLS BODYPUMP Wendy	CLUB FITNESS HIIT Katie W	LES MILLS BODYCOMBAT Gabby	8:00 AM	Turbo KICK Jenn	
9:15 AM	 ZUMBA FITNESS Gabby	LES MILLS BODYPUMP Cassie	CLUB FITNESS YOGA Angie	LES MILLS BODYPUMP Katie W	 ZUMBA FITNESS Gabby	9:15 AM	CLUB FITNESS HIIT Laura	
5:00 PM	LES MILLS BODYCOMBAT Cassie	Turbo KICK Jenn	LES MILLS BODYPUMP Cassie	LES MILLS BODYCOMBAT Cassie				
6:15 PM	LES MILLS BODYPUMP Katie D	CLUB FITNESS YOGA Michelle	 ZUMBA toning Shana	CLUB FITNESS YOGA Becky				

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 LEMAY FERRY | 4438 LEMAY FERRY RD, SAINT LOUIS, MISSOURI 63129 | 314.894.2566

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 mixed martial-arts consisting of non-contact punches and kicks leaving you feeling stress free and empowered.



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

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 conditioning workout to help you build strength, lose weight, increase flexibility and have a great time doing it.



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

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.



A dance class using Latin and international music combined with light weights for upper and lower body work.