



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM	<b>LES MILLS</b> <b>BODYPUMP</b> Gabby	<b>CLUB FITNESS</b> <b>HIIT</b> Katie W	<b>LES MILLS</b> <b>BODYPUMP</b> Linda	<b>CLUB FITNESS</b> <b>HIIT</b> Katie W	<b>LES MILLS</b> <b>BODYCOMBAT</b> Gabby	8:00 AM	<b>Turbo</b> <b>KICK</b> Jenn	
9:15 AM	<b>CLUB FITNESS</b> <b>CARDIO</b> Cindy	<b>LES MILLS</b> <b>BODYPUMP</b> Linda	<b>CLUB FITNESS</b> <b>YOGA</b> Angie	<b>LES MILLS</b> <b>BODYPUMP</b> Katie W	 ZUMBA FITNESS Gabby	9:15 AM	<b>CLUB FITNESS</b> <b>HIIT</b> Laura	
5:00 PM	<b>LES MILLS</b> <b>BODYCOMBAT</b> Cassie	<b>Turbo</b> <b>KICK</b> Jenn	<b>LES MILLS</b> <b>BODYPUMP</b> Cassie	<b>LES MILLS</b> <b>BODYCOMBAT</b> Cassie				
6:15 PM	<b>LES MILLS</b> <b>BODYPUMP</b> Katie D	<b>CLUB FITNESS</b> <b>PILATES</b> Gary	 ZUMBA toning Shana	<b>CLUB FITNESS</b> <b>YOGA</b> 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](http://clubfitness.us) or download our app.

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

**FITNESS FOR  
EVERY BODY.**

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

# CLASS DESCRIPTIONS

## STRENGTH

**LES MILLS**  
**BODYPUMP**

THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast.

## CARDIO

**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**  
**CARDIO**

The main focus of a Cardio class is to burn calories and these classes include step work, dance, and total body weight training.

**TURBO**  
**KICK**

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

## 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.

## 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.

 **ZUMBA**  
toning

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