

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM	LES MILLS BODY PUMP Gabby	CLUB FITNESS HIIT Katie W	LES MILLS BODY PUMP Wendy	CLUB FITNESS HIIT Katie W	LES MILLS BODY COMBAT Gabby	8:00 AM	Turbo KICK Jenn	
9:15 AM	 ZUMBA FITNESS Gabby	CLUB FITNESS SYNERGY Katie W	CLUB FITNESS YOGA Angie	LES MILLS BODY PUMP Katie W	 ZUMBA FITNESS Gabby	9:15 AM	CLUB FITNESS HIIT Laura	
5:00 PM	LES MILLS BODY COMBAT Maria	Turbo KICK Jenn	PIYO Shana	 ZUMBA toning Shana				
6:15 PM	LES MILLS BODY PUMP Katie D	CLUB FITNESS YOGA Crystal	 ZUMBA FITNESS 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



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 STRENGTH	A total body workout going through a variety of ranges and tempos.



CARDIO

 LES MILLS BODYCOMBAT	A high-energy mixed martial-arts consisting of non-contact punches and kicks leaving you feeling stress free and empowered.
 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.
 CLUB FITNESS SYNERGY	A full body workout that combines cardio and strength training exercises to provide maximum results.

MIND & BODY (flexibility & relaxation)

 PIYO	A mix of Pilates, Yoga, and functional training, with moves that are choreographed to motivating music.
 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.