

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM	LES MILLS BODY PUMP Gabby		LES MILLS BODY PUMP Linda	CLUB FITNESS HIIT Katie W	LES MILLS BODY COMBAT Gabby	8:00 AM	Turbo KICK Jenn	
9:15 AM	CLUB FITNESS CARDIO Cindy	LES MILLS BODY PUMP Linda	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 Cassie	Turbo KICK Jenn	LES MILLS BODY PUMP Cassie	LES MILLS BODY COMBAT Cassie				
6:15 PM	LES MILLS BODY PUMP Katie D	CLUB FITNESS PILATES Gary	 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.

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

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.

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.