

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
						8:00 AM	<b>LES MILLS BODYPUMP</b> Cheryl	<b>LES MILLS BODYPUMP CORE</b> Becky
9:00 AM	<b>CLUB FITNESS HIIT</b> Julie	<b>LES MILLS BODYCOMBAT</b> Katie D.	<b>LES MILLS BODYPUMP</b> Elina	<b>LES MILLS BODYCOMBAT</b> Katie D.	<b>LES MILLS BODYPUMP CORE</b> Elina	9:15 AM	<b>LES MILLS BODYCOMBAT</b> Cheryl	<b>LES MILLS BODYCOMBAT</b> Becky
10:15 AM	<b>LES MILLS BODYPUMP</b> Cheryl	<b>CLUB FITNESS YOGA</b> Jim	<b>ZUMBA FITNESS</b> Elina	<b>CLUB FITNESS YOGA</b> Jim	<b>CLUB FITNESS STEP</b> Wendy	10:30 AM	<b>CLUB FITNESS YOGA</b> Pamela	<b>LES MILLS BODYPUMP</b> Kirstie
5:00 PM	<b>LES MILLS BODYPUMP CORE</b> Elina	<b>LES MILLS BODYPUMP</b> Elina	<b>LES MILLS BODYCOMBAT</b> Cheryl	<b>LES MILLS BODYPUMP</b> Adam				
6:15 PM	<b>ZUMBA FITNESS</b> Elina	<b>ZUMBA FITNESS</b> Tracey	<b>LES MILLS BODYPUMP CORE</b> Kirstie	<b>CLUB FITNESS YOGA</b> Jenny				

## CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	<b>CLUB FITNESS CYCLE</b> Quinn		<b>CLUB FITNESS CYCLE</b> Quinn		<b>CLUB FITNESS CYCLE</b> Quinn	9:00 AM	<b>CLUB FITNESS CYCLE</b> Quinn	
5:30 PM		<b>CLUB FITNESS CYCLE</b> Jenny		<b>CLUB FITNESS CYCLE</b> Mallory				

## BURN ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:15 AM	<b>BURN ZONE</b> Abby				<b>BURN ZONE</b> Abby	9:00 AM	<b>BURN ZONE</b> Maria	
9:00 AM	<b>BURN ZONE</b> Kate		<b>BURN ZONE</b> Kate		<b>BURN ZONE</b> Kate			
5:30 PM	<b>BURN ZONE</b> Maria		<b>BURN ZONE</b> Sean					
6:15 PM		<b>BURN ZONE</b> Maria		<b>BURN ZONE</b> Maria				

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.

CLUB FITNESS MAPLEWOOD | 3256 LACLEDE STATION ROAD, MAPLEWOOD, MISSOURI, 63143  
314-932-2800

FITNESS FOR  
**EVERY BODY.**

# CLASS DESCRIPTIONS

## STRENGTH



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



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

## CARDIO



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



A cardio workout using the step, with particular emphasis on hips, thighs, abdominals, and glutes.

## MIND & BODY (flexibility & relaxation)



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

## HIGH INTENSITY INTERVAL TRAINING



Coach led or virtual high intensity intervals class using treadmills, rowers, weights, and core movements to burn a ton of calories in just 50 minutes.



An interval-based class which includes strength & endurance training with major focus on full body, form and technique.

## 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.

## CYCLE



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.



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.

# VIRTUAL CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>
6:15 AM & 7:00 AM & 7:45 AM	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>
9:00 AM		<b>RPM</b>		<b>RPM</b>			<b>RPM</b>
10:15 AM & 11:15 AM	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>
12:15 PM & 1:00 PM	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>
1:45 PM & 2:45 PM	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>
4:00 PM & 4:45 PM	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>
5:30 PM	<b>RPM</b>		<b>RPM</b>		<b>RPM</b>	<b>RPM</b>	<b>RPM</b>
6:45 PM	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>	<b>RPM</b>
7:45 PM & 8:30 PM	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>	<b>sprint</b>

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