

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	CLUB FITNESS CORE CARDIO Rebecca		CLUB FITNESS KICKBOXING Rebecca	LES MILLS BODY PUMP Karen	CLUB FITNESS STEP Rebecca	9:00 AM	CLUB FITNESS STRENGTH Laura	ZUMBA FITNESS Eileen
10:15 AM	CLUB FITNESS STRENGTH Kim D.	CLUB FITNESS PILATES Nancy	CLUB FITNESS YOGA Rebecca	CLUB FITNESS STEP Rebecca		10:15 AM	ZUMBA FITNESS Michelle	CLUB FITNESS YOGA Eileen
4:30 PM	CLUB FITNESS YOGA Lori			LES MILLS BODY PUMP Lori				
5:45 PM	CLUB FITNESS HIIT Kelly	CLUB FITNESS TABATA Holly	CLUB FITNESS YOGA Rebecca	CLUB FITNESS HIIT Lisa S.				

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.

FITNESS FOR EVERY BODY.

CLUB FITNESS O'FALLON NORTH | 225 O'FALLON PLAZA, O'FALLON MISSOURI 63366

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 increasing muscular strength and endurance.

CARDIO

CLUB FITNESS KICKBOXING	An cardio workout that teaches participants boxing moves such as kicks and punches.
CLUB FITNESS STEP	A cardio workout using the step, with particular emphasis on hips, thighs, abdominals, and glutes.

HIGH INTENSITY INTERVAL TRAINING

CLUB FITNESS TABATA	High intensity exercises focusing on short burst of work followed by short recovery periods. Focused on pushing the limits of the body physically.
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 YOGA	A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.
CLUB FITNESS PILATES	A conditioning workout to help you build strength, lose weight, increase flexibility and have a great time doing it.

CROSS TRAINING

CLUB FITNESS CORE CARDIO	A mix of cardio and core while playing with different training concepts and functional movements.
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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.
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