

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:00 AM				Sharon				
9:00 AM	<b>CLUB FITNESS YOGA</b> Meg	<b>LES MILLS BODYPUMP</b> Katie H	<b>CLUB FITNESS CLUB FITNESS HIIT CORE</b> Airiell	Leslie	<b>LES MILLS BODYPUMP</b> Nicole	9:00 AM	<b>LES MILLS BODYCOMBAT</b> Laura	<b>LES MILLS BODYPUMP</b> Maggie
10:15 AM	Kim S	<b>TURBO KICK</b> Airiell	<b>CLUB FITNESS YOGA</b> Katie E	<b>LES MILLS BODYCOMBAT</b> Gabby	Kim	10:15 AM	<b>LES MILLS BODYPUMP</b> Laura	<b>CLUB FITNESS YOGA</b> Maggie
11:30 AM		Airiel						
5:15 PM	<b>LES MILLS BODYCOMBAT</b> Laura	<b>LES MILLS BODYPUMP</b> Stephanie	<b>LES MILLS BODYCOMBAT</b> Katie E	Crystal				
6:30 PM	<b>LES MILLS BODYPUMP</b> Sharon	Leslie	<b>CLUB FITNESS STRENGTH</b> Nancy	<b>LES MILLS BODYPUMP</b> Stephanie				

## CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:00 AM			<b>CLUB FITNESS CYCLE</b> Kim R			7:30 AM		Maggie
9:00 AM					Sally	9:15 AM	<b>CLUB FITNESS CYCLE</b> Nancy	
5:30 PM			Sally					
6:30 PM	<b>CLUB FITNESS CYCLE</b> Nancy							

## BURN ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM		<b>BURN ZONE</b> Donna		<b>BURN ZONE</b> Donna		8:00 AM	<b>BURN ZONE</b> Nancy	
9:00 AM		<b>BURN ZONE</b> Mel	<b>BURN ZONE</b> Gabby	<b>BURN ZONE</b> Gabby	<b>BURN ZONE</b> Mel	9:00 AM		<b>BURN ZONE</b> Devin
5:15 PM	<b>BURN ZONE</b> Nancy		<b>BURN ZONE</b> Nancy					

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 O'FALLON, IL | 1234 CENTRAL PARK DR, O'FALLON, IL 62269 | 618.589.1117

FITNESS FOR  
**EVERY BODY.**

## VIRTUAL CLASS SCHEDULE

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




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# CLASS DESCRIPTIONS



## STRENGTH

 <b>LES MILLS BODYPUMP</b>	THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast.
 <b>CLUB FITNESS CORE</b>	A core focused workout using body weight, light resistance, and high repetitions.
 <b>CLUB FITNESS STRENGTH</b>	A total body workout going through a variety of ranges and tempos.


## CARDIO

 <b>LES MILLS BODYCOMBAT</b>	A high-energy mixed martial-arts consisting of non-contact punches and kicks leaving you feeling stress free and empowered.
 <b>TURBO KICK</b>	An cardio workout that teaches participants boxing moves such as kicks and punches.



## HIGH INTENSITY INTERVAL TRAINING

 <b>BURN ZONE</b>	Coach led or virtual high intensity intervals class using treadmills, rowers, weights, and core movements for a high calorie burn.
 <b>CLUB FITNESS HIIT</b>	An interval-based class which includes strength & endurance training with major focus on full body, form and technique.

## MIND & BODY (flexibility & relaxation)

 <b>CLUB FITNESS YOGA</b>	A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.
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## DANCE

 <b>ZUMBA FITNESS</b>	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.
 <b>ZUMBA toning</b>	A dance class using Latin and international music combined with light weights for upper and lower body work.

## SILVER SNEAKERS

 <b>SILVER SNEAKERS</b>	Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.
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## CYCLE

 <b>LES MILLS RPM</b>	A group indoor cycling low-impact workout where you control the intensity
 <b>LES MILLS SPRINT</b>	LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
 <b>CLUB FITNESS CYCLE</b>	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.
 <b>SPINNING</b>	An indoor cycle class that focuses on endurance, strength, intervals, high intensity, and recovery.
 <b>LES MILLS RPM</b>	The play symbol is where you will find a virtual option of each cycle program listed. Find the time that works for you and enjoy class at your convenience.