

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	CLUB FITNESS YOGA Meg	LES MILLS BODY PUMP Katie H	CLUB FITNESS CLUB FITNESS HIIT CORE Airiell	ZUMBA FITNESS Leslie	LES MILLS BODY PUMP Nicole	9:00 AM	LES MILLS BODY COMBAT Laura	LES MILLS BODY PUMP Maggie
10:15 AM	ZUMBA FITNESS Kim S	ZUMBA toning Kim S	CLUB FITNESS YOGA Katie E	LES MILLS BODY COMBAT Gabby	Turbo TRICK Airiell	10:15 AM	LES MILLS BODY PUMP Laura	CLUB FITNESS YOGA Maggie
5:15 PM	LES MILLS BODY COMBAT Laura	LES MILLS BODY PUMP Stephanie	LES MILLS BODY COMBAT Katie E	ZUMBA FITNESS Crystal				
6:30 PM	LES MILLS BODY PUMP Laura	ZUMBA FITNESS Leslie	CLUB FITNESS STRENGTH Nancy	LES MILLS BODY PUMP Stephanie				

CYCLE STUDIO

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

BURN ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM		BURN ZONE Donna		BURN ZONE Donna		8:00 AM	BURN ZONE Nancy	
9:00 AM	BURN ZONE Hannah	BURN ZONE Mel	BURN ZONE Gabby	BURN ZONE Gabby	BURN ZONE Mel	9:00 AM		BURN ZONE Dana
5:15 PM	BURN ZONE Nancy	BURN ZONE Hannah	BURN ZONE Nancy	BURN ZONE Hannah				




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



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 CORE	A core focused workout using body weight, light resistance, and high repetitions.
 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	An 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.
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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.
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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.
 ZUMBA toning	A dance class using Latin and international music combined with light weights for upper and lower body work.

CYCLE

 LES MILLS RPM	A group indoor cycling low-impact workout where you control the intensity
 LES MILLS Sprint	LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
 LES MILLS RPM	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.
 CLUB FITNESS CYCLE	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.
 SPINNING	An indoor cycle class that focuses on endurance, strength, intervals, high intensity, and recovery.

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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