

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	LES MILLS BODYPUMP Lori	CLUB FITNESS INTERVALS Lori	CLUB FITNESS CORE CARDIO Nancy	CLUB FITNESS KICKBOXING Nancy	CLUB FITNESS STEP Nancy	9:00 AM	LES MILLS BODYPUMP Holly	ZUMBA FITNESS Shannon
10:15 AM	CLUB FITNESS PILOGA Lori	CLUB FITNESS VINYASA Lori	LES MILLS BODYPUMP Elena	Silver Sneakers Nancy	CLUB FITNESS YOGA Nancy	10:15 AM	CLUB FITNESS YOGA Shannon	
11:30 AM		Silver Sneakers Nancy						
5:00 PM	STRONG NATION Isabel	PIYO Ally	CLUB FITNESS STEP Dawn	ZUMBA FITNESS Isabel				
5:30 PM					CLUB FITNESS KICKBOXING Holly			
6:15 PM	LES MILLS BODYPUMP Robin	CLUB FITNESS INTERVALS Kim	CLUB FITNESS TABATA Holly					

CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
						8:00 AM	CLUB FITNESS CYCLE Kathie	CLUB FITNESS CYCLE Robin
9:15 AM				CLUB FITNESS CYCLE Rebecca		9:15 AM	CLUB FITNESS CYCLE Lisa S.	
5:15 PM	CLUB FITNESS CYCLE Sarah	CLUB FITNESS CYCLE Kathie	CLUB FITNESS CYCLE Rebecca					
6:00 PM				CLUB FITNESS CYCLE Kathie				


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 St. PETERS | 3651 N. ST. PETERS PKWY, ST. PETERS, MISSOURI 63376
636-498-2582


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.
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CARDIO


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

 CLUB FITNESS INTERVALS	An interval-based class which includes strength & endurance training with major focus on full body, form and technique.
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 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.
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 STRONG BY ZUMBA	A high-intensity interval training, utilizing boot camp choreography infused with music to gradually drive intensity that culminates in a total body workout.
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MIND & BODY (flexibility & relaxation)

 CLUB FITNESS VINYASA	This style of yoga involves grouping postures together, and moving through them, while focusing on breath.
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 CLUB FITNESS BARRE	A full body workout that creates long, lean muscles using the body weight for resistance.
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 CLUB FITNESS PILOGA	This class works participants with a blend of both yoga and Pilates, focusing on concentration, core training and balance.
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 PiYO	A mix of Pilates, Yoga, and functional training, with moves that are choreographed to motivating music.
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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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CYCLE


 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.
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 LES MILLS RPM	A group indoor cycling low-impact workout where you control the intensity
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 LES MILLS SPRINT	LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
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 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.
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SILVER SNEAKERS

 SilverSneakers	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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VIRTUAL CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	sprint	sprint	sprint	sprint	sprint	sprint	sprint
6:45 AM	RPM	RPM	RPM	RPM	RPM	RPM	RPM
7:45 AM & 8:30 AM	sprint	sprint	sprint	sprint	sprint		
9:15 AM	RPM	RPM	RPM		RPM		sprint
10:30 AM & 11:30 AM	RPM	RPM	RPM	RPM	RPM	RPM	RPM
12:30 PM & 1:15 PM	sprint	sprint	sprint	sprint	sprint	sprint	sprint
2:00PM, 3:00 PM, 4:00 PM	RPM	RPM	RPM	RPM	RPM	RPM	RPM
5:15 PM				sprint	RPM	RPM	RPM
6:30 PM	RPM	RPM	RPM		RPM	sprint	sprint
7:45 PM	RPM	RPM	RPM	RPM	RPM	RPM	RPM

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