






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


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


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

CARDIO


 An cardio workout that teaches participants boxing moves such as kicks and punches.

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


HIGH INTENSITY INTERVAL TRAINING


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


 High intensity exercises focusing on short burst of work followed by short recovery periods. Focused on pushing the limits of the body physically.


 A high-intensity interval training, utilizing boot camp choreography infused with music to gradually drive intensity that culminates in a total body workout.

MIND & BODY (flexibility & relaxation)

 This style of yoga involves grouping postures together, and moving through them, while focusing on breath.

 A full body workout that creates long, lean muscles using the body weight for resistance.


 This class works participants with a blend of both yoga and Pilates, focusing on concentration, core training and balance.

 A mix of Pilates, Yoga, and functional training, with moves that are choreographed to motivating music.


CROSS TRAINING

 A mix of cardio and core while playing with different training concepts and functional movements.

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.

SILVER SNEAKERS

 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