

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
						8:00 AM	 ZUMBA Erika	
9:00 AM	CLUB FITNESS YOGA Ingrid	 ZUMBA Zena	CLUB FITNESS STRENGTH Ingrid	CLUB FITNESS DANCE Ingrid	 ZUMBA Danielle	9:00 AM	LES MILLS BODY PUMP Megan	TURBO KICK Keely
10:15 AM	 Silver Sneakers Ingrid	CLUB FITNESS CORE Kim	CLUB FITNESS YOGA Ingrid	 Silver Sneakers Ingrid	CLUB FITNESS YOGA Judi			
4:30 PM	LES MILLS BODY PUMP Keely							
5:00 PM		CLUB FITNESS INTERVALS Lisa	CLUB FITNESS HIIT Megan	LES MILLS BODY PUMP Megan				
6:15 PM	 ZUMBA Isabel	CLUB FITNESS YOGA Shannon	 STRONG Isabel					




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. CHARLES | 1443 BASS PRO DR ST. CHARLES, MISSOURI 63301


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	Exercising muscles around the core providing the vital ingredient for a stronger body.
 CLUB FITNESS STRENGTH	A total body workout going through a variety of ranges and tempos.

CARDIO

 TURBO KICK	An cardio workout that teaches participants boxing moves such as kicks and punches.
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HIGH INTENSITY INTERVAL TRAINING

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

 CLUB FITNESS INTERVALS	This workout is a little bit of everything: core, resistance training, cardio, stretching.
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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.
 CLUB FITNESS DANCE	Freestyle dance class using upbeat music and fun dance moves to get the heart rate up.

SILVER SNEAKERS

 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
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