





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	 Shannon
10:15 AM	CLUB FITNESS PILOGA Lori	CLUB FITNESS VINYASA Lori	LES MILLS BODYPUMP 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					
5:30 PM					CLUB FITNESS KICKBOXING Holly			
6:15 PM	LES MILLS BODYPUMP 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



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


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.
 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.
 STRONG NATION	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)

 CLUB FITNESS VINYASA	This style of yoga involves grouping postures together, and moving through them, while focusing on breath.
 CLUB FITNESS PILOGA	This class works participants with a blend of both yoga and Pilates, focusing on concentration, core training and balance.
 PiYO	A mix of Pilates, Yoga, and functional training, with moves that are choreographed to motivating music.

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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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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