





TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:15 AM	<b>LES MILLS BODY PUMP</b> Megan		<b>CLUB FITNESS HIIT</b> Megan					
9:00 AM	<b>CLUB FITNESS YOGA</b> Ingrid	 ZUMBA FITNESS Zena	<b>CLUB FITNESS STRENGTH</b> Ingrid	<b>CLUB FITNESS DANCE</b> Ingrid	 ZUMBA FITNESS Danielle	9:00 AM	<b>LES MILLS BODY PUMP</b> Megan	<b>Turbo KICK</b> Keely
10:15 AM			<b>CLUB FITNESS YOGA</b> Ingrid	<b>CLUB FITNESS CORE</b> Ingrid	<b>CLUB FITNESS YOGA</b> Judi	10:30 AM	 ZUMBA FITNESS Melanie	
4:30 PM	<b>LES MILLS BODY PUMP</b> Keely	<b>CLUB FITNESS BOOT CAMP</b> Amanda D.		<b>LES MILLS BODY PUMP</b> Megan				
5:30 PM			<b>Turbo KICK</b> Keely					
5:45 PM	 STRONG NATION Amanda	<b>CLUB FITNESS YOGA</b> Shannon						



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.

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



**FITNESS FOR EVERY BODY.** 

# CLASS DESCRIPTIONS



## STRENGTH

 <b>LES MILLS BODYPUMP</b>	THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast.
 <b>CLUB FITNESS STRENGTH</b>	A total body workout going through a variety of ranges and tempos.


## CARDIO

 <b>TURBO KICK</b>	An cardio workout that teaches participants boxing moves such as kicks and punches.
 <b>CLUB FITNESS STEP</b>	A cardio workout using the step, with particular emphasis on hips, thighs, abdominals, and glutes.

## HIGH INTENSITY INTERVAL TRAINING

 <b>CLUB FITNESS HIIT</b>	An interval-based class which includes strength & endurance training with major focus on full body, form and technique.
 <b>STRONG MOTION</b>	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)

 <b>CLUB FITNESS YOGA</b>	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

 <b>CLUB FITNESS BOOT CAMP</b>	Personal trainer led class involving both resistance, core, and cardio.
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## DANCE

 <b>ZUMBA FITNESS</b>	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.
 <b>CLUB FITNESS DANCE</b>	Freestyle dance class using upbeat music and fun dance moves to get the heart rate up.