

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 CARDIO Lori	CLUB FITNESS VINYASA Lori	LES MILLS BODYPUMP Elena			10:15 AM		CLUB FITNESS BARRE Shannon
4:30 PM	STRONG NATION Isabel	PIYO Ally	CLUB FITNESS STEP Nancy	ZUMBA FITNESS Isabel				
5:30 PM					CLUB FITNESS KICKBOXING Holly			
5:45 PM	LES MILLS BODYPUMP Robin							

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 Karen					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.

CLUB FITNESS St. PETERS | 3651 N. ST. PETERS PKWY, ST. PETERS, MISSOURI 63376




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 CARDIO	A high energy workout intergrating cardio and strength to enhance your fitness endurance level.
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 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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 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.
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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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 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	Indoor cycling classes put participants on a bike to increase their metabolism and lower body definition using a variety of challenging positions with differing resistances and speeds to get the most out of their ride.
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 LES MILLS RPM	The play symbol is where you will find a virtual option of each program listed above that we also offer live. Find the time that works for you and enjoy class at your convenience.
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VIRTUAL CLASS SCHEDULE

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

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FITNESS FOR EVERY BODY.