


| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | TIME | SATURDAY | SUNDAY |
|----------|--------------------------------------|--|---|--|--------------------------------------|---------|---|--------|
| 8:15 AM | | CLUB FITNESS STRENGTH Nancy P. | | | | 8:15 AM | LES MILLS BODY PUMP Stephanie | |
| 9:00 AM | | | | | CLUB FITNESS HIIT Nancy P. | 9:30 AM | CLUB FITNESS YOGA Eileen | |
| 9:15 AM | | | | CLUB FITNESS STRENGTH Lori | | | | |
| 10:00 AM | LES MILLS BODY PUMP Erica | | LES MILLS BODY PUMP Robin | | | | | |
| 10:15 AM | | | | | CLUB FITNESS YOGA Rebecca | | | |
| 5:30 PM | CLUB FITNESS HIIT Laura P. | LES MILLS BODY PUMP Stephanie |  ZUMBA FITNESS Michelle B. |  ZUMBA FITNESS Eileen | | | | |

CYCLE STUDIO

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | TIME | SATURDAY | SUNDAY |
|---------|-------------------------------------|------------------------------------|------------------------------------|---------------------------------------|--------------------------------------|---------|------------------------------------|--------|
| 5:00 AM | CLUB FITNESS CYCLE Bill | | CLUB FITNESS CYCLE Bill | | CLUB FITNESS CYCLE Melissa | | | |
| 8:15 AM | | | | CLUB FITNESS CYCLE Nancy P. | | 8:30 AM | CLUB FITNESS CYCLE Robin | |
| 9:00 AM | CLUB FITNESS CYCLE Carrie | | | | CLUB FITNESS CYCLE Megan | | | |
| 9:15 AM | | CLUB FITNESS CYCLE Tonya | | | | | | |
| 5:30 PM | | | CLUB FITNESS CYCLE Sarah | | | | | |



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 WENTZVILLE | #7 WENTZVILLE CENTER, WENTZVILLE MISSOURI 63385
636-327-5500


FITNESS FOR EVERY BODY. 

CLASS DESCRIPTIONS


STRENGTH

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


DANCE

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|  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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HIGH INTENSITY INTERVALS

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|  CLUB FITNESS HIIT | An interval-based class which includes strength & endurance training with major focus on full body, form and technique. |
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MIND & BODY (flexibility & relaxation)

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|  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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CYCLE

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|  CLUB FITNESS CYCLE | A low-impact indoor cycle class that increases your aerobic/anaerobic capacity, burn calories and jump-start your metabolism with this simulated outdoor-ride set to energizing music. |
|  LES MILLS RPM | A group indoor cycling low-impact workout where you control the intensity |
|  LES MILLS sprint | LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. |
|  LES MILLS RPM | The play symbol is where you will find a virtual option of each cycle program listed. Find the time that works for you and enjoy class at your convenience. |

VIRTUAL CLASS SCHEDULE

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

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