

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:15 AM		CLUB FITNESS STRENGTH Nancy P.				8:15 AM	CLUB FITNESS YOGA Eileen	
9:00 AM					CLUB FITNESS HIIT Nancy P.	9:30 AM	DOWN DOG ROCKYOT. WORKOUT. Eileen	
9:15 AM				CLUB FITNESS STRENGTH Rebecca				
10:00 AM	LES MILLS BODYPUMP Erica		CLUB FITNESS BOOT CAMP Reggie					
10:15 AM					CLUB FITNESS YOGA Rebecca			
5:30 PM	CLUB FITNESS HIIT Laura P.	LES MILLS BODYPUMP Megan		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 Reggie					
9:15 AM		CLUB FITNESS CYCLE Tonya						
5:30 PM			CLUB FITNESS CYCLE Robin/Bill					

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 WENTZVILLE | #7 WENTZVILLE CENTER, WENTZVILLE MISSOURI 63385

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 STRENGTH	A total body workout going through a variety of ranges and tempos.


CARDIO

 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.
 DOWN PUMP <small>ROCKOUT. WORKOUT.</small>	A full-body workout using rip stix that includes exercises involving alternate squatting and standing to strengthen the inner and outer thighs, glutes, core muscles, and back muscles.



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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HIGH INTENSITY INTERVALS

 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)

 CLUB FITNESS VINYASA	This style of yoga involves grouping postures together, and moving through them, while focusing on breath.
 CLUB FITNESS YOGA	A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.

CROSS TRAINING

 CLUB FITNESS BOOT CAMP	A mix of cardio, strength, and core focusing on toning and shaping the muscles and getting the heart rate up.
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