


TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	LES MILLS BODYPUMP Wendy	CLUB FITNESS STEP Karen	LES MILLS BODYPUMP Katie W	LES MILLS BODYCOMBAT Katie H	LES MILLS BODYPUMP Karen	9:00 AM	LES MILLS BODYCOMBAT Christina	
10:15 AM	CLUB FITNESS YOGA Jim	PiYO Karen			CLUB FITNESS PILATES Gary	10:30 AM	LES MILLS tone Wendy	
4:30 PM	LES MILLS tone Sabrina	LES MILLS BODYCOMBAT Christina	CLUB FITNESS PILATES Gary	LES MILLS tone MJ				
6:00 PM	LES MILLS BODYPUMP Angie	 ZUMBA FITNESS Heather	LES MILLS BODYPUMP Beth	CLUB FITNESS PILATES Gary				

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 ARNOLD | 2218 MICHIGAN AVE, ARNOLD, MISSOURI 63010 | 636.287.3921

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.

CARDIO

LES MILLS
BODYCOMBAT

A high-energy mixed martial-arts consisting of non-contact punches and kicks leaving you feeling stress free and empowered.

CLUB FITNESS
STEP

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

CROSS TRAINING

LES MILLS
tone

A mix of cardio, resistance and core while playing with different training concepts, lunges, squats, and functional movements using bands and weights for resistance.

MIND & BODY (flexibility & relaxation)

CLUB FITNESS
PILATES

A conditioning workout to help you build strength, lose weight, increase flexibility and have a great time doing it.

PiYO

A mix of Pilates, Yoga, and functional training, with moves that are choreographed to motivating music.

CLUB FITNESS
YOGA

A beautiful freestyle class to help develop strength, endurance and focus, and challenge the body and the mind equally.

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.