

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
						8:00 AM	<b>CLUB FITNESS STEP</b> Wendy	<b>LES MILLS BODY PUMP</b> Adam
9:00 AM	<b>LES MILLS BODY PUMP</b> Melissa	<b>CLUB FITNESS STEP</b> Wendy	<b>LES MILLS BODY PUMP</b> Erica	<b>LES MILLS BODY PUMP CXWORX</b> Michele	<b>LES MILLS BODY COMBAT</b> Christina	9:15 AM	<b>LES MILLS BODY PUMP</b> Becky	<b>LES MILLS BODY COMBAT</b> Adam
10:15 AM	<b>CLUB FITNESS YOGA</b> Melissa	<b>LES MILLS tone</b> Wendy	<b>CLUB FITNESS YOGA</b> Melissa	<b>LES MILLS tone</b> Wendy	<b>CLUB FITNESS YOGA</b> Melissa	10:30 AM	<b>LES MILLS BODY COMBAT</b> Becky	<b>ZUMBA FITNESS</b> Georgette
4:30 PM	<b>LES MILLS BODY COMBAT</b> Christina	<b>LES MILLS BODY PUMP</b> Adam	<b>LES MILLS BODY COMBAT</b> Katie D.	<b>LES MILLS BODY PUMP</b> Kirstie				
5:45 PM	<b>LES MILLS BODY PUMP</b> Christina	<b>CLUB FITNESS YOGA</b> Melissa D.	<b>LES MILLS BODY PUMP</b> Katie D.	<b>LES MILLS BODY COMBAT</b> Katie H.				

## CYCLE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:15 AM		<b>CLUB FITNESS CYCLE</b> Sean		<b>CLUB FITNESS CYCLE</b> Sean		9:00 AM	<b>CLUB FITNESS CYCLE</b> Kristin	
9:15 AM	<b>CLUB FITNESS CYCLE</b> Reggie		<b>CLUB FITNESS CYCLE</b> Melissa		<b>CLUB FITNESS CYCLE</b> Melissa			
5:15 PM		<b>CLUB FITNESS CYCLE</b> Kristin		<b>CLUB FITNESS CYCLE</b> Kristin				
6:00 PM	<b>CLUB FITNESS CYCLE</b> Mallory		<b>CLUB FITNESS CYCLE</b> Kristin					

## BURN ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:15 AM		<b>BURN ZONE</b> Sean		<b>BURN ZONE</b> Sean		9:00 AM	<b>BURN ZONE</b> Wendy	
10:15 AM	<b>BURN ZONE</b> Reggie		<b>BURN ZONE</b> Wendy		<b>BURN ZONE</b> Reggie			
5:30 PM	<b>BURN ZONE</b> Rebecca			<b>BURN ZONE</b> Brenda				
6:00 PM		<b>BURN ZONE</b> Melissa	<b>BURN ZONE</b> Christina					

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 ELLISVILLE | 15890 MANCHESTER RD. ELLISVILLE MO 63011

**FITNESS FOR EVERY BODY.**

# CLASS DESCRIPTIONS

## STRENGTH

**LES MILLS BODY PUMP**  
THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit - fast.

**LES MILLS CXWORX**  
Exercising muscles around the core providing the vital ingredient for a stronger body.

## HIGH INTENSITY INTERVAL TRAINING

**BURN ZONE**  
Coach led or virtual high intensity intervals class using treadmills, rowers, weights, and core movements to burn a ton of calories in just 50 minutes.

## 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.

## MIND & BODY (flexibility & relaxation)

**CLUB FITNESS YOGA**  
A beautiful freestyle class that develops endurance, strength, and focus and challenges the mind and body equally.

## CYCLE STUDIO

**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

**LES MILLS RPM**  
The play symbol is where you will find a virtual option of our cycle classes-RPM (50 mins) SPRINT (30 mins). Find the time that works for you and enjoy class at your convenience.

## 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.

## 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.

# VIRTUAL CLASS SCHEDULE

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

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