





TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
9:00 AM	CLUB FITNESS CORE CARDIO Rebecca	CLUB FITNESS STEP Nancy	CLUB FITNESS KICKBOXING Rebecca	LES MILLS BODY PUMP Karen	CLUB FITNESS STEP Rebecca	9:00 AM	CLUB FITNESS STRENGTH Laura	 Eileen
10:15 AM	CLUB FITNESS STRENGTH Kim D.	CLUB FITNESS PILATES Nancy	CLUB FITNESS YOGA Rebecca	 Kim W.	LES MILLS BODY PUMP Sara	10:15 AM	 Michelle	 Ally
4:30 PM	CLUB FITNESS YOGA Mary			LES MILLS BODY PUMP Lori				
5:45 PM	CLUB FITNESS HIIT Kelly	CLUB FITNESS TABATA Holly	LES MILLS BODY PUMP Megan	CLUB FITNESS HIIT Lisa S.				

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.

FITNESS FOR EVERY BODY.

CLUB FITNESS O'FALLON NORTH | 225 O'FALLON PLAZA, O'FALLON MISSOURI 63366

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
KICKBOXING

An cardio workout that teaches participants boxing moves such as kicks and punches.

CLUB FITNESS
STEP

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

HIGH INTENSITY INTERVAL TRAINING

CLUB FITNESS
TABATA

High intensity exercises focusing on short burst of work followed by short recovery periods. Focused on pushing the limits of the body physically.

CLUB FITNESS
HIIT

An interval-based class which includes strength & endurance training with major focus on full body, form and technique.

MIND & BODY (flexibility & relaxation)

CLUB FITNESS
YOGA

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

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.

CROSS TRAINING

CLUB FITNESS
CORE CARDIO

A mix of cardio and core while playing with different training concepts and functional movements.

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.