

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>MORNING CLASSES</b></p> <p><b>7:30-8:25</b> Body Ball Blast Laurel (A)</p> <p><b>8:30-9:25</b> Cardio Mix! Diane (A)</p> <p><b>8:30-9:25</b> CAC Cycle Heather (CY)</p> <p><b>9:30-10:25</b> Yoga* Sally (Y)</p> <p><b>9:30-10:25</b> Firm &amp; Burn Heather (A)</p> <p><b>10:00-10:55</b> Power Splash* - Mary Beth (P)</p> <p><b>10:30-11:25</b> Total Body Fit June (A)</p> <p><b>LUNCH CRUNCH</b></p> <p><b>11:30-12:15</b> Barre- Tisha (A) * <b>STARTING 9/11</b></p> <p><b>EVENING CLASSES</b></p> <p><b>4:30-5:25</b> CAC Cycle Benita (CY)</p> <p><b>5:30-6:25</b> CAC Cycle Susie (CY)</p> <p><b>5:45-6:40</b> Cardio Body Sculpt!- Jerry(A)</p> <p><b>6:45-7:00</b> Awesome Abs Jerry (A)</p>	<p><b>MORNING CLASSES</b></p> <p><b>6:15-7</b> Sunrise Total Fit - Ty (G)</p> <p><b>7:30-8:25</b> Power Kickbox Laurel (A)</p> <p><b>8:30-9:15</b> Athletic Pilates Diane (Y)</p> <p><b>8:30-9:25</b> Body Sculpt-Kim (A)</p> <p><b>9:00-9:55</b> CAC Cycle- Benita (CY)</p> <p><b>9:30-10:15</b> Barre - Chris (Y)</p> <p><b>9:30-10:25</b> Advanced Step Interval - Kim (A)</p> <p><b>9:45-10:40</b> WOW – Women on Weights - Denny (PT)</p> <p><b>10:15-11:15</b> Roll &amp; Stretch with it - Kristina/Heather (Y)</p> <p><b>10:00-10:55</b> Power Splash Mona (P)</p> <p><b>LUNCH CRUNCH</b></p> <p><b>11:30-12:15</b> Fit, Firm &amp; Fast Heather (A)</p> <p><b>EVENING CLASSES</b></p> <p><b>5:30-6:25</b> Yoga* - Jim (Y)</p> <p><b>5:30-6:15</b> Tabata &amp; Tone – Tisha (A) * <b>STARTING 9/12</b></p> <p><b>5:30-6:25</b> Trekking - Benita(C)</p> <p><b>6:15-7:00</b> Slow-Lift - Denny (A)</p>	<p><b>MORNING CLASSES</b></p> <p><b>5:45-6:45</b> Strength &amp; Sweat Tamberlyn (PT)</p> <p><b>5:45-6:30</b> Get up &amp; Spin! Susie (CY)</p> <p><b>7:15-8:25</b> H.I.I.T.- Laurel (A)</p> <p><b>8:30-9:25</b> Step Interval Renee (A)</p> <p><b>8:30-9:25</b> Trekking-Benita (C)</p> <p><b>9:30-10:25</b> Chisel-Diane (A)</p> <p><b>9:30-10:25</b> Yoga*-Renee(Y)</p> <p><b>10:30-11:25</b> Total Body Fit June (A)</p> <p><b>LUNCH CRUNCH</b></p> <p><b>11:30-12:15</b> CAC Cycle Benita (CY)</p> <p><b>EVENING CLASSES</b></p> <p><b>5:30-6:25</b> Yoga Strength- Erin (Y)</p> <p><b>5:30-6:15</b> Zumba - Darci (A)</p> <p><b>5:30-6:25</b> True Grit Bootcamp - Kristina (PT)</p> <p><b>5:30-6:30</b> AquaFit * Mona/Susie (P)</p>	<p><b>MORNING CLASSES</b></p> <p><b>6:15-7:00</b> Tabata Bootcamp - Kristina (A)</p> <p><b>7:30-8:25</b> Body Burn Tisha (A)</p> <p><b>8:30-9:25</b> Yoga Flow Laurel (Y)</p> <p><b>8:30-9:25</b> Bootcamp Total Fit – Denny (A)</p> <p><b>9:30-10:25</b> Cycle Burn Heather (CY)</p> <p><b>9:30-10:25</b> Cardio Body Blitz Interval - Renee (A)</p> <p><b>10:00-10:55</b> Power Splash Mona (P)</p> <p><b>LUNCH CRUNCH</b></p> <p><b>11:30-12:15</b> Fit, Firm &amp; Fast - Heather/June (A)</p> <p><b>EVENING CLASSES</b></p> <p><b>5:30-6:30</b> Torch Tabata Bootcamp – Kristina (A/G)</p> <p><b>5:30-6:25</b> Trekking Benita (C)</p>	<p><b>MORNING CLASSES</b></p> <p><b>6:00-6:45</b> Get up &amp; Spin! Kristina (CY)</p> <p><b>7:40-8:25</b> Cardio Pop &amp; Pump – Laurel (A)</p> <p><b>8:30-9:25</b> Strength &amp; Stretch - Heather (A)</p> <p><b>8:30-9:30</b> Trekking Benita (C)</p> <p><b>9:30-10:25</b> Tabata Training - Heather (A)</p> <p><b>9:30-10:25</b> Yoga* Jim (Y)</p> <p><b>10:30-11:15</b> Mat Pilates Mary Beth(Y)</p> <p><b>LUNCH CRUNCH</b></p> <p><b>11:15-12:15</b> Roll &amp; Stretch with it - Kristina (Y)</p> <p><b>EVENING CLASSES</b></p> <p><b>5:15</b> CAC Cycle Benita (CY)</p>	<p><b>MORNING CLASSES</b></p> <p><b>8:00-8:55</b> Slow-Lift Denny (A)</p> <p><b>9:00-9:55</b> CAC Cycle Benita/Heather (CY)</p> <p><b>9:00-9:55</b> Cardio Strength – Alternating Instructors (A)</p> <p><b>9:30-10:25</b> Power Splash* - Mona (P)</p> <p><b>10:00-10:55</b> Yoga - Alternating Instructors (Y)</p> <p><b>Sunday</b></p> <p><b>8:00</b> Interval POWER Hour – 30 min. in gym, 30 min. in Aerobics room - Monroe (G &amp; A)</p>

(A)=Aerobics Room (Y)= Yoga Room (CY)=Cycle Room (C) = Cardio Room (G)= Gym (PT) = Personal Training Room (P)= Pool (O)= Outside Activity (OP)=Outside Pool

\* Family Friendly Fitness Classes – parents with children ages 10-13 are welcome.

### **Advanced Fantastic Fit Ball**

Strengthen, tighten and tone in 45 minutes with this challenging stability ball and weight class.

### **Advanced Step Interval**

This advanced class will tone, sculpt & burn off those unwanted calories in a 60 minute step interval challenge!

### **AquaFit**

A challenging water aerobics class that combines cardio strengthening & toning exercises for a full body workout.

### **Athletic Pilates**

Strengthen & tone the entire body to maximize core stability, flexibility, strength & muscle tone.

### **Awesome Abs / 15 Minute Abs**

What more can we say? 15 minutes of intense ab exercises.

### **Barre**

Improve strength, enhance muscle tone & increase flexibility. Burn mega-calories along the way!

### **Body & Soul Yoga**

Restore & strengthen your body & soul in this dynamic & spiritually energizing class that tones & sculpts every major muscle with focus on movements & breath work.

### **Body Ball Blast**

You'll have a ball at this class! Great cardio workout and toning exercises - all using the stability ball.

### **Body Burn**

Variety is the spice of life! Guaranteed to burn mega calories, get an intense workout & an incredible burn.

### **Body Sculpt!**

Tone, lift & sculpt -achieve the body you've always wanted.

### **Bootcamp Total Fit**

Build strength & improve endurance in this challenging, total body bootcamp. You'll leave class feeling exhilarated!

### **CAC Cycle**

Indoor cycling class takes you uphill, downhill & back again for the ultimate cardio workout. All fitness levels welcome!

### **Cardio Body Blitz Interval**

An energizing workout combining interval with strength. High/low cardio intervals, strength, balance and flexibility.

### **Cardio Body Sculpt / Cardio Sculpt**

Intense full body cardio & sculpting workout combining cardio intervals with strength, endurance & stability exercises.

### **Cardio Mix!**

A variety of step aerobics & slides all of which will include resistance training & stability balls for a full body workout.

**Cardio Pop & Pump** Get your heart pumping & your body toned in this fun, cardio dance workout using weights & easy to follow choreography for a total body burn.

### **Cardio Strength**

A cardio class that involves strength training, including multi-muscle exercises to tone and strengthen the body and keep your heart rate elevated.

### **Chisel**

Lift, sculpt and tone your way to the body you've always wanted using bands, tubes and weights.

### **Cycle Burn**

Spin your way through major calorie burn, increase core strength & tone major muscles with this high energy cycle & strength class. 45 min. of spin, 15 min. of strengthening.

### **Fit, Firm & Fast**

Get your cardio and strength training all in a quick 45 minute burst during this lunchtime workout!

### **Firm & Burn**

Fusion of techniques from Tabata & cardio intervals will target & tone while burning mega calories.

### **Get up & Spin!**

Beginner to advanced indoor cycling class will energize your cardio workout & get you ready to start your day!

### **H.I.I.T.**

High intensity interval training class guaranteed to get your heart rate up and start your day off right!

### **Interval POWER Hour**

This class incorporates cardio and strength intervals that are guaranteed to POWER up your workout.

### **Mat Pilates**

Mat-based workout strengthens, tones & lengthens muscles while improving flexibility and posture.

### **Power Kickbox**

Get your day off to an awesome start by accelerating your calorie burn, increasing strength & endurance with Power Kick-Interval kickboxing cardio with major muscle focus.

### **Power Splash**

Combination cardio & strength training using weights & water resistance. If you thought water wasn't challenging, think again.

### **Roll & Stretch with It**

Release tension & soothe tight muscles using the foam roller, then increase flexibility & range of motion with stretching.

### **Slow-Lift**

This sculpting class focuses on slow intervals of weight resistance & training emphasizing form & fundamental

### **Step Interval**

A refreshing take on your average step class, this combination of weight & resistance gives you an intense, total body workout.

### **Strength & Stretch**

Define & sculpt with dynamic strengthening & stretching. Improve flexibility, balance & vitality.

### **Strength & Sweat**

Get your heart pumping and your muscles burning in this weight training/cardio bursts interval class.

### **Sunrise Total Fit Class**

This early morning bootcamp style class will improve your strength, agility & endurance & boost your energy levels.

### **Tabata & Tone**

Cardio intervals combined with strength training rev up your metabolism & tone muscles to give you a total body workout. All fitness levels welcome!

### **Tabata Training**

High intensity interval training class consisting of intense cardio sessions combined with brief periods of rest.

### **Torch Tabata Bootcamp**

Torch calories, increase cardio & strength endurance in this high intensity full body workout targeting all the major muscle groups.

### **Total Body Fit**

Low impact cardio & sculpting intervals- perfect formula for your total best body results.

### **Trekking**

This interval treadmill class will help you shed those extra pounds in no time. Great for all fitness levels.

### **True Grit Bootcamp**

Tired of the no challenge, no change workout? Get ready to sweat with booty-kicking True Grit Basic Training Style Bootcamp.

### **WOW –Women on Weights**

Lifting weights isn't just for guys! Small group – big results.

### **Yoga**

Use controlled movements to focus on breathing, balance, posture and relaxation in an energized environment.

### **Yoga Flow**

Movement & breath are woven together to improve range of motion, balance & flexibility in a relaxed & welcoming environment.

### **Yoga Strength**

Build strength & muscle tone using the natural weight of your body. Develop mental power while strengthening every muscle fiber.

### **ZUMBA!**

Zumba is an exciting interval training class with a Latin twist! Follow the easy dance steps to sculpt your way to a leaner body.

Classes & instructors subject to change. Classes must maintain 5 in the class to continue each week. Visit our website at [chesterfieldathleticclub.com](http://chesterfieldathleticclub.com) for online schedule.

\*Weather Policy - If Parkway or Rockwood Schools are closed for inclement weather, morning classes will be cancelled & all classes will resume at 11:30am unless otherwise indicated.

