

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>MORNING CLASSES</p> <p>6:00-6:55 Spinning David (CY)</p> <p>7:30-8:25 Body Ball Blast Laurel (A)</p> <p>8:30-9:25 Cardio Mix! Diane (A)</p> <p>8:30-9:25 CAC Cycle Heather (CY)</p> <p>8:30-9:25 Stretching Kay (Y)</p> <p>9:30-10:25 Yoga* Sally (Y)</p> <p>9:30-10:25 Firm & Burn Heather (A)</p> <p>10:00-10:55 Power Splash* Mary Beth (P)</p> <p>10:30-11:25 Total Body Fit June (A)</p> <p>LUNCH CRUNCH</p> <p>11:30-12:30 Stretching Kay (Y)</p> <p>EVENING CLASSES</p> <p>5:30-6:25 CAC Cycle Susie (CY)</p> <p>5:45-6:45 Cardio Body Sculpt!- Anna (A)</p>	<p>MORNING CLASSES</p> <p>6:15-7:00 Sunrise Total Fit -Ty (G)</p> <p>7:30-8:25 Power Kickbox Laurel (A)</p> <p>8:30-9:25 Athletic Pilates Diane (Y)</p> <p>8:30-9:25 Body Sculpt- Kim (A)</p> <p>9:00-9:55 CAC Cycle- Benita (CY)</p> <p>9:30-10:25 Barre & Beyond Chris (Y)</p> <p>9:30-10:25 Advanced Step Interval - Kim (A)</p> <p>9:45-10:40 WOW – Women on Weights - Denny (PT)</p> <p>10:00-10:55 Power Splash Mona (P)</p> <p>10:30-11:25 Zumba - Mary(A)</p> <p>LUNCH CRUNCH</p> <p>11:30-12:30 Fit, Firm & Fast Heather (A)</p> <p>EVENING CLASSES</p> <p>5:30-6:25 Yoga* - Jim (Y)</p> <p>5:30-6:25 Trekking & Strength – Benita (C)</p> <p>6:15-7:00 Slow-Lift - Denny (A)</p>	<p>MORNING CLASSES</p> <p>5:45-6:45 Strength & Sweat Tamberlyn (PT)</p> <p>5:45-6:30 Get up & Spin! Susie (CY)</p> <p>7:15-8:25 H.I.I.T.- Laurel (A)</p> <p>8:30-9:25 Step Interval Renee (A)</p> <p>8:30-9:25 Trekking-Benita (C)</p> <p>8:30-9:25 Stretching- Kay (Y)</p> <p>9:30-10:25 Chisel-Diane (A)</p> <p>9:30-10:25 Yoga*-Renee(Y)</p> <p>10:30-11:25 Total Body Fit June (A)</p> <p>LUNCH CRUNCH</p> <p>11:30-12:30 CAC Cycle Benita (CY)</p> <p>EVENING CLASSES</p> <p>5:30-6:25 Yoga Strength Erin (Y)</p> <p>5:30-6:25 True Grit Bootcamp - Kristina (A)</p> <p>5:30-6:30 AquaFit * Mona/Susie (P)</p>	<p>MORNING CLASSES</p> <p>6:15-7:00 Tabata Bootcamp - Kristina (A)</p> <p>7:30-8:25 Body Burn Tisha (A)</p> <p>8:30-9:25 Power Yoga Laurel (Y)</p> <p>8:30-9:25 Bootcamp Total Fit – Denny (A)</p> <p>9:30-10:25 Cycle Burn Heather (CY)</p> <p>9:30-10:25 Cardio Body Blitz Interval - Renee (A)</p> <p>10:00-10:55 Power Splash Mona (P)</p> <p>10:30-11:25 Zumba Mary (A)</p> <p>LUNCH CRUNCH</p> <p>11:30-12:30 Fit, Firm & Fast June (A)</p> <p>EVENING CLASSES</p> <p>5:30-6:30 Torch Tabata Bootcamp – Kristina (A/G)</p> <p>5:30-6:25 Trekking & Strength – Benita (C)</p>	<p>MORNING CLASSES</p> <p>6:30-7:15 Express Yoga – Laurel (Y) starts 1/11</p> <p>7:30-8:00 Muscle in Motion – Karen (A)</p> <p>8:00-8:25 Zumba – Karen (A)</p> <p>8:30-9:25 Strength & Abs Becky (A)</p> <p>8:30-9:25 Roll & Stretch with it - Heather (Y)</p> <p>8:30-9:30 Trekking & Strength - Benita (C)</p> <p>9:30-10:25 Tabata Training - Heather (A)</p> <p>9:30-10:25 Yoga* Jim (Y)</p> <p>10:30-11:15 Mat Pilates Mary Beth(Y)</p> <p>10:30-11:25 Zumba - Mary(A)</p> <p>LUNCH CRUNCH</p> <p>11:30-12:30 Barre & Beyond - Chris (Y)</p> <p>EVENING CLASSES</p> <p>5:15 CAC Cycle Benita (CY)</p>	<p>MORNING CLASSES</p> <p>8:00-8:55 Slow-Lift Denny (A)</p> <p>9:00-9:55 CAC Cycle Benita/Mike (CY)</p> <p>9:00-9:55 Cardio Strength – Alternating Instructors (A)</p> <p>9:30-10:25 Power Splash* - Mona (P)</p> <p>10:00-10:55 Yoga Ulrikke (Y)</p> <p>Sunday</p> <p>8:00 Interval POWER Hour – 30 min. in gym, 30 min. in Aerobics room - Monroe (G & A)</p> <p>9:00-9:55 CAC Cycle Mike (CY)</p> <p>9:00-10:00 Walking (O) Diane</p> <p>10:15-11:15 Sculpt, Abs & Stretch – Diane (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 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.

Barre & Beyond

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

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 Strength

Cardio class that involves strength training, including multi-muscle exercises to tone & strengthen the body & 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.

Express Yoga

Get a quick fix of Yoga just in time for the weekend. All the benefits of an hour Yoga class in just 45 minutes.

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.

Muscle in Motion

Energize your morning with 30 minutes of strength training combined with low impact cardio movements for a total body workout.

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.

Power Yoga

Build strength, increase muscle recognition, focus on body & balance with this invigorating style of Vinyasa yoga.

Roll & Stretch with It

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

Slow-Lift

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

Spinning

Start off your morning with this energizing spin class – sure to rev up your metabolism!

Step Interval

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

Strength & Abs

Strengthen & tone muscles and develop a strong core.

Strength & Sweat

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

Stretching

Improve flexibility, range of motion, overall joint & muscle elasticity.

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 & Strength

This interval treadmill class with weights will help you get in shape 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 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 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.