

KINGS POINT SPORT CLUB

**Belleville's Premiere
Fitness, Tennis, Tan and
Swim**

Facility is proud to
offer the following:

- Tennis Courts (5 indoor)
- Tennis Lessons and Programs
- Extensive Free Weights
- Circuit Training Machines
- TRX and Kettlebells and
Ropes and Slosh Bars
- Group Personal Training
- Elliptical Cross-Trainers
- Treadmills
- Cardio-Cinema
- Aerobics Studio
- Cycling Studio
- Certified Personal
Trainers
- Swim Instructors and Swim
Team during pool season
- Silver Sneaker Facility
- Clean Locker Rooms
- Saunas & Steam Rooms

**Ask About Your Certified
Personal Trainers and Tennis Pros
Multiple Training Packages
Available**

**Tanning Packages Available
With
Monthly Tanning Specials**

**No Membership Required To
Tan**

Visit us on facebook and Twitter
Or
Email us at Kingspoint1@gmail.com



**7645 Magna Dr.
Belleville, IL
(618) 277-7715**

www.kingspoint1.com

Effective November 2019



***Hours of Operation:
Fitness, Tennis, Tan
Monday - Thursday:
5:00 a.m. to 10:00 p.m.
Friday 5:00 a.m. to 8:00 p.m.
Saturday 7:00 a.m. to 6:00 p.m.
Sunday 7:00 a.m. to 5:00 p.m.***

Aerobics Schedule

Effective November 2019

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 a.m.							
11:00am							
11:45 a.m.							
5:00 pm			Kickbox	5:30 Bootcamp	Step		
6:00 p.m.			Core Strength		5:45 Sculpt		
6:30 p.m.							

Core Strength - This class focuses entirely on that pesky mid-section. Strengthen, tone and flatten.

Boot Camp - This sports specific class will push you to the edge. It focuses on agility, endurance, speed & mental toughness.

Group Cycle - A 45-minute high-energy indoor stationary cycling class combining cycling techniques with a fulfilling mental and emotional journey for any exerciser, beginning to advanced.

Interval - A class which combines group activities such as hi/low, step and/or muscle conditioning. Each activity is done in short, timed durations that are rotated throughout the class.

Kickbox - A non-contact workout that utilizes a creative combination of both boxing and martial arts skills to challenge all components of fitness.

Pilates - This program consists of twisting, stretching, pushing, pulling & rolling movement on the floor to enhance core strength.

Sculpt - A 60 minute class targeting the strength training component of a well-rounded fitness program. Resistive exercises are performed using a variety of fitness equipment during this class.

Step - An aerobics class designed around Step Reebok University research. The addition of power and propulsion moves can make this class as intense as you like.

GPT—TRX is a unique form of suspension training utilizing your own body weight to enhance strength and core. Kettlebells, ropes, sleds and tires are also used in this class.

Yoga: Strength, Balance, and Stretch. Great for relaxing, stretching and lengthening tight muscles. Improves flexibility, joint mobility and balance for a leaner, stronger body.

Group Personal Training Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 a.m.							GPT
5:30 p.m.		GPT					

Group Cycle Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 a.m.							
8:00 a.m.							Cycle
5:30pm		Cycle		Cycle			