

Fitness Classes



You and your family will see and feel the difference from the moment you arrive!

We offer exceptional facilities, an encouraging atmosphere and a friendly staff committed to providing you with the best in fitness, including innovative programs.

Freeburg

Senior Strength

Wednesdays 10:00 AM | 12:00 PM

Stability Ball

Tuesdays 6:00 PM

Saturdays 9:30 AM

IFit

Thursdays 10:00 AM

Millstadt

Corefit

Mondays 5:15 AM | 5:00 PM | 6:00 PM

Tuesdays | 5:15 AM

Wednesdays 5:15 AM | 5:00 PM | 6:00 PM

Fridays 5:15 AM

Silverfit

Mondays 1:00 PM

Wednesdays 9:00 AM

Columbia

IFit

Mondays 5:30 PM

Wednesdays 5:30 PM

Saturdays 8:00 AM

Silverfit

Tuesdays 2:00 PM

Thursdays 2:00 PM

Waterloo

Silverfit

Mondays 10:00 AM | 11:00 AM

Wednesdays 10:00 AM | 11:00 AM

Thursdays 10:00 AM

Stability Ball

Thursdays 5:00 PM



Corporate Office
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ATIpt.com