










	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1 (NEW)	5:15 AM	Laura		Amy				
	8:30 AM	Marianela	Bernadette	Kickboxing Elaine	Marianela	Marianela	HEAT Renee	
	9:30 AM	Marianela	Kickboxing Elaine	FLEX Elaine	Amy	Stephanie	Kimberly	David
	10:30 AM	FLEX Elaine	Brenda	Sissi	Jonathan	Amy	Kaitlyn	David
	11:30 AM	Classic Amy	Circuit Paula	Classic Cristina	Circuit Amy	Yoga Megan		
	12:30 PM	Paula						
	5:00 PM		Laura					
	5:30 PM	STEP Russ	Laura (6:00)		Bernadette	FLEX Renee		
	6:30 PM	Jeanine/Chris	Belkys	Kickboxing Rich	HEAT Rich	Fabiola		
	7:30 PM	Leo	Kimberly	Leo	Sheymy			
STUDIO 2 (OLD)	8:30 AM					Fit Barre Elaine	Sheymy	
	9:30 AM	Fit Barre Elaine	Brenda		Yoga Megan		Mike	
	10:30 AM	May/Joni	May		Marianela	Yoga Amy	May/Laura	Ginny/May
	4:30 PM							
	5:30 PM	May		Leslie				
	6:30 PM	Becky	Larissa	Yoga Megan/Cary	Cristina			
	7:30 AM							
CYCLE STUDIO	8:30 AM							Jeanine
	9:30 AM		Cycle Liora		Cycle Liora	Cristina	Cycle Beth	
	10:30 AM	Amy		Cristina				
	5:30 PM	Cristina		Cycle Beth		Deb		
	6:30 PM		Cycle Debbie		Deb			



CLUB HOURS		1050 E. Hwy 50 Clermont, FL (352) 394-2210 www.fitnesscfgyms.com	KIDDIE GYM HOURS	
Monday-Friday 5:00am-11:00pm Saturday 6:00am-8:00pm Sunday 7:00am-7:00pm			Mon - Fri 8:15a - Noon	
Clermont Group Fitness Manager: Becky Evans evansb@fitnesscf.com			Mon - Thurs Evenings 3:00p - 8:45p	
			Friday Evenings 3:00p - 8:00p	
			Saturday 8:15a - 12:30p	
		Sunday 8:15a - Noon		

CLASS DESCRIPTIONS

	BODYATTACK is a fully optioned, high-intensity class with sports training move-to-music for cardiovascular fitness and stamina, along with upper and lower body conditioning exercises for building strength.
	BODYCOMBAT is a high-energy cardio class for all fitness levels. Moves from Kick Boxing, Tai Chi, Karate and Muay Thai combined with adrenaline-pumping music will increase your fat burning, strength and agility.
	BODYFLOW is a blend of yoga, Tai Chi and Pilates that leaves you feeling long, strong, centered and calm. The class is closely choreographed to contemporary music and will enhance your physical and mental well-being.
	BODYPUMP is choreographed to awesome music, this is the original barbell class that challenges all of your muscle groups. BODYPUMP will change the shape of your body.
	BODYSTEP is an energizing step workout that features cardio blocks to push fat-burning systems into high gear. These blocks are followed by muscle conditioning tracks that shape and tone your body.
	CXWORX is a revolutionary 30-minute Les Mills core training class that attacks the abs, glutes, back, obliques and "slings" connecting the upper and lower body. CXWORX tones core muscles and may help prevent injury.
HEAT	HEAT is a high intensity interval training class that focuses on muscle and cardio conditioning by utilizing tubing, medicine balls, kettlebells and your own body weight to burn a ton of calories, tone and sculpt your entire body and enhance your overall fitness.
	RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Bikes are available on a first come first serve basis.
Cycle	Pedal your way to the best shape of your life by working out on high-performance stationary bikes. All fitness levels can participate - you control your ride.
Yoga	Yoga unites breathing with movement as it develops strength, flexibility, balance and mental focus.
FLEX	Using balls, bars, bands and hand weights, this strength training class will tone and build your body.
Kickboxing	This class will "kick your butt" with the fundamentals of boxing combined with a high-energy cardio workout.
	Increase strength, range of motion, and activity of daily living skills. Hand weights, tubes, and a ball are used for resistance and a chair for support.
	A fitness dance class using Latin, International, and contemporary music. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms.
Fit Barre	Take your workout to new lengths with Fit Barre, a fusion of ballet-inspired movements, sculpt training, cardio segments, core, and much more.