	TIME	MONDAY	<b>TUESDAY</b>	WEDNESDAY	THURSDAY	FRIDAY	<b>SATURDAY</b>	<b>SUNDAY</b>
	5:15	BODYPUMP		BODYPUMP.				
	AM	Laura		Amy				
	8:30	ZVMBA°	BODYPUMP.	Kickboxing	ZVMBA*	ZVMBA°	HEAT	
	AM	Marianela	Bernadette	Elaine	Marianela	Marianela	Renee	
	9:30	<b>SVMBA</b>	Kickboxing	FLEX	BODYSTEP	BODYCOMBAT.	BODYPUMP.	BODYPUMP
	AM	Marianela	Elaine	Elaine	Amy	Stephanie	Kimberly	David
	10:30	FLEX	SV ZVMBA	ZVMBA*	BODYPUMP.	BODYPUMP.	ZVMBA	BODYCOMBAT.
	AM	Elaine	Brenda	Sissi	Jonathan	Amy	Kaitlyn	David
(NEW)	11.20	Classic	Circuit	Classic	Circuit	Yoga		
Z	11:30 AM	The Silver Sneakers	The Silver Sneakers	The Silver Sneakers	The Silver Sneakers: Fitness Program	The Silver Sneakers Fitness Program		
0 1	AIVI	Amy	Paula	Cristina	Amy	Megan		
STUDIO	12:30	*SilverSneakers						
	PM	Paula						
	5:00	Tadia	BODYPUMP.					
	PM		Laura					
	5:30	STEP	CXWORX		BODYPUMP	FLEX		
	PM	Russ	Laura (6:00)		Bernadette	Renee		
	6:30	BODYPUMP	ZVMBA	Kickboxing	HEAT	ZVMBA*		
	PM	Jeanine/Chris	Belkys	Rich	Rich	Fabiola		
	7:30	ZVMBA		SVMBA	<b>3</b> ZVMBA			
	PM	Leo	Kimberly	Leo	Sheymy			
			•					
	8:30					Fit Barre	ZUMRA*	
	8:30 AM				1	Fit Barre	Shevmy	
	AM	Fit Barre	≥ ZUMRU			Fit Barre Elaine	Sheymy	
D)		<b>Fit Barre</b> Elaine	Srenda		Yoga			
(סוס)	9:30	Elaine	Brenda		Yoga Megan		Sheymy  LESMILS BODYATTACK  Mike	Lesmills Rnnyfi nw
) 2 (ОГD)	9:30 AM				<b>Yoga</b> Megan	Elaine	Sheymy  Sheymuts  BODYATTACK	BODYFLOW Ginny/May
IDIO 2 (OLD)	9:30 AM 10:30 AM 4:30	Elaine  BODYFLOW  May/Joni	Brenda  BODYFLOW		Yoga Megan	Elaine <b>Yoga</b>	Sheymy  Lesmills  BODYATTACK  Mike  BODYFLOW	
STUDIO 2 (OLD)	9:30 AM 10:30 AM 4:30 PM	Elaine  BODYFLOW  May/Joni	Brenda  BODYFLOW	•	Yoga Megan S ZVMBA toning Marianela	Elaine <b>Yoga</b>	Sheymy  Lesmills  BODYATTACK  Mike  BODYFLOW	
STUDIO 2 (OLD)	9:30 AM 10:30 AM 4:30 PM 5:30	Elaine  BODYFLOW  May/Joni	Brenda  BODYFLOW	3 ZVMBA	Yoga Megan S ZVMBA toning Marianela	Elaine <b>Yoga</b>	Sheymy  Lesmills  BODYATTACK  Mike  BODYFLOW	
STUDIO 2 (OLD)	9:30 AM 10:30 AM 4:30 PM	Elaine  May/Joni  May/Joni  BODYFLOW  May  May  May	Brenda  BODYFLOW  May	SVMBA Leslie	Yoga Megan S ZVMBA toning Marianela	Elaine <b>Yoga</b>	Sheymy  Lesmills  BODYATTACK  Mike  BODYFLOW	
STUDIO 2 (OLD)	9:30 AM 10:30 AM 4:30 PM 5:30 PM	Elaine  May/Joni  May/Joni  Essential	Brenda  BODYFLOW  May	3 ZVMBA	Yoga Megan S ZVMBA toning Marianela	Elaine <b>Yoga</b>	Sheymy  Lesmills  BODYATTACK  Mike  BODYFLOW	
STUDIO 2 (OLD)	9:30 AM 10:30 AM 4:30 PM 5:30 PM 6:30 PM	Elaine  BODYFLOW  May/Joni  BODYFLOW  Way  May  LESMILLS  BODYCOMBAT	Brenda  BODYFLOW  May  Lessmills  May	S ZVMBA Leslie Yoga	Yoga Megan  Volume  Vo	Elaine <b>Yoga</b>	Sheymy  Lesmills  BODYATTACK  Mike  BODYFLOW	
STUDIO 2 (OLD)	9:30 AM 10:30 AM 4:30 PM 5:30 PM 6:30 PM	Elaine  BODYFLOW  May/Joni  BODYFLOW  Way  May  LESMILLS  BODYCOMBAT	Brenda  BODYFLOW  May  Lessmills  May	S ZVMBA Leslie Yoga	Yoga Megan  Volume  Vo	Elaine <b>Yoga</b>	Sheymy  Lesmills  BODYATTACK  Mike  BODYFLOW	
STUDIO 2 (OLD)	9:30 AM 10:30 AM 4:30 PM 5:30 PM 6:30 PM	Elaine  BODYFLOW  May/Joni  BODYFLOW  Way  May  LESMILLS  BODYCOMBAT	Brenda  BODYFLOW  May  Lessmills  May	S ZVMBA Leslie Yoga	Yoga Megan  Volume  Vo	Elaine <b>Yoga</b>	Sheymy  Lesmills  BODYATTACK  Mike  BODYFLOW	Ginny/May
STUD	9:30 AM 10:30 AM 4:30 PM 5:30 PM 6:30 PM 7:30 AM 8:30 AM	Elaine  BODYFLOW  May/Joni  BODYFLOW  Way  May  LESMILLS  BODYCOMBAT	Brenda  BODYFLOW  May  May  LESMILLS  BODYATTACK  Larissa	S ZVMBA Leslie Yoga	Yoga Megan  Volume Atoning Marianela  Marianela  Cristina	Yoga Amy	Sheymy  BODYATTACK  Mike  BODYFLOW  May/Laura	
STUD	9:30 AM 10:30 AM 4:30 PM 5:30 PM 6:30 PM 7:30 AM 8:30 AM 9:30	Elaine  BODYFLOW  May/Joni  BODYFLOW  Way  May  LESMILLS  BODYCOMBAT	Brenda  BODYFLOW  May  May  LESMILLS BODYATTACK  Larissa  Cycle	S ZVMBA Leslie Yoga	Yoga Megan  Parameter Street S	Yoga Amy	Sheymy  BODYATTACK  Mike  BODYFLOW  May/Laura  Cycle	Ginny/May
STUD	9:30 AM 10:30 AM 4:30 PM 5:30 PM 6:30 PM 7:30 AM 8:30 AM	Elaine  May/Joni  May/Joni  BODYFLOW  May  May  BODYCOMBAT  Becky	Brenda  BODYFLOW  May  May  LESMILLS  BODYATTACK  Larissa	Paga Megan/Cary	Yoga Megan  Volume Atoning Marianela  Marianela  Cristina	Yoga Amy	Sheymy  BODYATTACK  Mike  BODYFLOW  May/Laura	Ginny/May
STUD	9:30 AM 10:30 AM 4:30 PM 5:30 PM 6:30 PM 7:30 AM 8:30 AM 9:30 AM	Elaine  May/Joni  May/Joni  May/Joni  May/Joni  May  May  May  May  BODYFLOW  May  BODYCOMBAT  Becky	Brenda  BODYFLOW  May  May  LESMILLS BODYATTACK  Larissa  Cycle	PESMILLS  Leslie  Yoga  Megan/Cary	Yoga Megan  Parameter Street S	Yoga Amy	Sheymy  BODYATTACK  Mike  BODYFLOW  May/Laura  Cycle	Ginny/May
CYCLE STUDIO STUDIO 2 (OLD)	9:30 AM 10:30 AM 4:30 PM 5:30 PM 6:30 PM 7:30 AM 8:30 AM 9:30 AM	Elaine  May/Joni  May/Joni  May/Joni  May/Joni  May  BODYFLOW  May  ESMILLS  BODYCOMBAT  Becky	Brenda  BODYFLOW  May  May  LESMILLS BODYATTACK  Larissa  Cycle	Yoga Megan/Cary  RPM Cristina	Yoga Megan  Parameter Street S	Yoga Amy  RPM Cristina	Sheymy  BODYATTACK  Mike  BODYFLOW  May/Laura  Cycle	Ginny/May
STUD	9:30 AM 10:30 AM 4:30 PM 5:30 PM 6:30 PM 7:30 AM 8:30 AM 9:30 AM	Elaine  May/Joni  May/Joni  May/Joni  May  May  May  May  May  May  May  Ma	Brenda  BODYFLOW  May  May  LESMILLS BODYATTACK  Larissa  Cycle	Poga Megan/Cary  Leslie Yoga Megan/Cary  Cristina Cycle	Yoga Megan  Parameter Street S	Yoga Amy  RPM Cristina	Sheymy  BODYATTACK  Mike  BODYFLOW  May/Laura  Cycle	Ginny/May
STUD	7:30 AM 6:30 PM 6:30 PM 6:30 PM 7:30 AM 8:30 AM 9:30 AM 10:30 AM	Elaine  May/Joni  May/Joni  May/Joni  May/Joni  May  BODYFLOW  May  ESMILLS  BODYCOMBAT  Becky	Brenda  BODYFLOW  May  May  LESMILLS BODYATTACK  Larissa  Cycle	Yoga Megan/Cary  RPM Cristina	Yoga Megan  Parameter Street S	Yoga Amy  RPM Cristina	Sheymy  BODYATTACK  Mike  BODYFLOW  May/Laura  Cycle	Ginny/May

**CLUB HOURS** 



Schedule Effective: January 2018

**KIDDIE GYM HOURS** 

## **CLERMONT**

1050 E. Hwy 50

Monday-Friday 5:00am-11:00pm		1050 E. Hwy 50	Mon - Fri	0.1Ea Noon			
Saturday 6:00am-8	:00pm	Clermont, FL	IVIOII - FII	8:15a - Noon			
Sunday 7:00am-7:0	00pm		Mon - Thurs Evenings	3:00p - 8:45p			
Clermont Group Fitness	Manager:	(352) 394-2210	Friday Evenings	3:00p - 8:00p			
Becky Evans		www.fitnesscfgyms.com	Saturday	8:15a - 12:30p			
evansb@fitnesscf.com			Sunday	8:15a - Noon			
		CLASS DESCRIPTIONS					
CALPSMILS	<b>BODYATTACK</b> is a fully optioned, high-intensity class with sports training move-to-music for						
<b>BODYATTACK</b>	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,						
LesMILLS	Tai Chi, Karate and Muay Thai combined with adrenaline-pumping music will increase your						
<b>BODYCOMBAT</b>	fat burning, strength and agility.						
	BODYFLOW is a blend of yoga, Tai Chi and Pilates that leaves you feeling long, strong,						
RODYFLOW	centered and calm. The class is closely choreographed to contemporary music and will						
BODITION.	enhance your physical and mental well-being.						
LESMILLS PODVDIMD	BODYPUMP is choreographed to awesome music, this is the original barbell class that						
PODITO MIL	challenges all of your muscle groups. <b>BODYPUMP</b> will change the shape of your body.						
Lesmills	BODYSTEP is an energizing step workout that features cardio blocks to push fat-burning						
<b>BODYSTEP</b>	systems into high gear. These blocks are followed by muscle conditioning tracks that shape						
	CXWORX i	and tone v s a revolutional 30-minute Les N	vour body. Aills core training class that att	acks the abs.			
LESMILLS			<del>-</del>				
CXWORX	glutes, back, obliques and "slings" connecting the upper and lower body. CXWORX tones core muscles and may help prevent injury.						
	HEAT is a high intensity inteval training class that focuses on muscle and cardio						
HEAT	conditionin	g by utilizing tubing, medicne ba	ills, kettlebells and your own b	ody weight to			
	burn a ton of calories, tone and sculpt your entire body and enhance your overall fitness.						
Lesmills	<b>RPM</b> is the indoor cycling workout where you ride to the rhythm of powerful music. Bikes						
KPM	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.						
Cyclc	All fitness levels can participate - you control your ride.						
Yoga	Yoga unites breathing with movement as it develops strength, flexibility, balance and						
	mental focus. Using balls, bars, bands and hand weights, this strength training class will tone and build						
FLEX	your body.						
Kickboxing	This class will "kick your butt" with the fundamentals of boxing combined with a high-						
	energy cardio workout.						
The Silver Sneakers	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.						
	•						
ZVMBA	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.						