

# CLERMONT SEPTEMBER 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	<b>LES MILLS BODYPUMP</b> Stacy Dee	<b>LES MILLS BODYPUMP</b> Stacy Dee	KICKBOXING Elaine	<b>LES MILLS SH'BAM</b> Stacy Dee	<b>LES MILLS CORE</b> Becky (8:45)	<i>Creative Conditioning</i> Renee	
9:30 AM	<b>LES MILLS SH'BAM</b> Stacy Dee	KICKBOXING Elaine	<b>FLEX</b> Elaine	<b>LES MILLS BODYCOMBAT</b> Stacy Dee	<b>LES MILLS BODYCOMBAT</b> Stephanie	<b>LES MILLS BODYPUMP</b> Kim	
10:30 AM	<b>FLEX</b> Elaine	<b>ZUMBA</b> Alex	<b>ZUMBA</b> Belkys	<b>LES MILLS BODYPUMP</b> Stacy Dee	<b>LES MILLS BODYPUMP</b> Lauren	<b>LES MILLS BODYCOMBAT</b> Kim	
11:30 AM	Classic SilverSneakers Elaine	Circuit SilverSneakers Paula	Classic SilverSneakers Stacy Dee	Circuit SilverSneakers Elaine	Yoga SilverSneakers Megan		
12:30 PM							
5:00 PM							
5:30 PM	<b>STEP</b> Paula	<b>LES MILLS BODYCOMBAT</b> Jillian	<b>LES MILLS BODYPUMP</b> Lisa	<b>LES MILLS BODYPUMP</b> Jillian	<b>FLEX</b> Renee		
6:30 PM	<b>LES MILLS BODYPUMP</b> Angel	<b>LES MILLS BODYATTACK</b> Larissa	<b>ZUMBA</b> Brittany	<b>LES MILLS BODYCOMBAT CORE</b> Becky			
7:30 PM	<b>XCO LATIN BY JACKIE</b> Angel						
7:30 AM						<b>TRX</b> Becky	
8:30 AM		<b>TRX</b> Elaine			<b>BARRE</b> Elaine	<b>ZUMBA</b> Lydia	
9:30 AM	<b>BARRE</b> Elaine	<b>ZUMBA GOLD</b> Belitza	<b>LES MILLS SH'BAM</b> Stacy Dee	<b>Yoga</b> Megan	<b>LES MILLS SH'BAM</b> Lauren	<b>LES MILLS BODYJAM</b> Stacy Dee	
10:30 AM	<b>LES MILLS BODYFLOW</b> Stacy Dee	<b>Yoga</b> Joni	<b>LES MILLS BODYFLOW</b> Cristina	<b>TRX</b> Elaine	<b>LES MILLS BODYFLOW</b> Stephanie	<b>LES MILLS BODYFLOW</b> Joni	
5:30 PM	<b>LES MILLS BODYFLOW</b> Cristina S.	<b>BARRE</b> Becky	<b>ZUMBA</b> Leslie				
6:30 PM		<b>ZUMBA</b> Belkys	<b>Yoga</b> Megan		<b>ZUMBA</b> Jennifer		
7:30 PM	<b>ZUMBA</b> Leo			<b>ZUMBA</b> Leo			
6:00 AM							
9:30 AM		<b>LES MILLS RPM</b> Becky		<b>Sole</b> Elaine	<b>LES MILLS sprint</b> Lauren (8:30)	<b>LES MILLS RPM</b> Becky (8:30)	
10:30 AM							
5:30 PM	<b>LES MILLS RPM</b> Angel		<b>LES MILLS RPM</b> Becky				
6:30 PM		<b>LES MILLS RPM</b> Becky					

STUDIO 2 (OLD)

CYCLE STUDIO

# CLERMONT

## CLUB HOURS

1050 E. Hwy 50  
Clermont, FL

## KIDDIE GYM HOURS

Monday @ 4:30 am - Friday @11:00pm (24hrs)  
Saturday 5:00am-9:00pm Sunday 5:00am-9:00pm

Mon - Fri.

8:00- 8:30pm

Clermont Group Fitness Manager:  
Becky Evans  
beckve@fitnesscf.com

(352) 394-2210  
www.fitnesscfgyms.com

Saturday

8:00-12pm

Sunday

CLOSED

## CLASS DESCRIPTIONS

	<p><b>BODYATTACK</b> 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.</p>
	<p><b>BODYCOMBAT</b> 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.</p>
	<p><b>BODYFLOW</b> 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 well-being.</p>
	<p><b>BODYPUMP</b> is choreographed to awesome music, this is the original barbell class that challenges all of your muscle groups. <b>BODYPUMP</b> will change the shape of your body.</p>
	<p>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.</p>
	<p><b>CORE</b> 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. <b>CORE</b> tones core muscles.</p>
	<p>LES MILLS SPRINT is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.</p>
	<p>SH'BAM is a fun-loving, insanely addictive dance workout. SH'BAM™ is the perfect way to shape up and let out your inner star -- even if you're dance challenged!!</p>
	<p>BodyJam™ is the cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat.</p>
	<p>Take your workout to new lengths with Fit Barre, a fusion of ballet-inspired movements, sculpt training, cardio segments, core, and much more.</p>
	<p>Yoga unites breathing with movement as it develops strength, flexibility, balance and mental focus.</p>
	<p>Using balls, bars, bands and hand weights, this strength training class will tone and build your body.</p>
	<p>This class will "kick your butt" with the fundamentals of boxing combined with a high-energy cardio workout.</p>
	<p>TRX Suspension Training® is a revolutionary method of leveraged bodyweight exercise. Build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. It will change the way you view exercise and will take your workouts to a whole new level.</p>
	<p>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.</p>
	<p>A modified Zumba class for active older adults that recreates the moves you love at a lower intensity with easy to follow Zumba choreography.</p>
	<p>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.</p>
	<p>Freestyle Step aerobics is easy and choreographed exercises to music, using an elevated studio step (known simply as 'the step'). Brilliant for toning the lower body, you'll experience moves such as the corner knee, the T-step, split step and straddle down.</p>
	<p><b>Creative Conditioning</b> is a mix of cardio/toning with various equipment and body weight, all while providing options/variations so you can take your workout to your own level.</p>
	<p>The XCO LATIN WORKOUT mixes latin rhythms and athletic movements using intelligent physic tools. The result: It is the most extraordinary, intense and dynamic workout in the market designed to work your entire body with special emphasis to your core and arms.</p>