

CLERMONT JANUARY 2022

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	5:30 AM	LES MILLS BODYPUMP Katie (1/17)						
	8:30 AM	LES MILLS BODYPUMP Stacy Dee	LES MILLS BODYPUMP Stacy Dee	KICKBOXING Elaine	LES MILLS SH'BAM Stacy Dee	LES MILLS CORE Becky (8:45)	<i>Creative Conditioning</i> Renee	
	9:30 AM	LES MILLS SH'BAM BODYJAM Stacy Dee	KICKBOXING Elaine	FLEX Elaine	LES MILLS BODYCOMBAT Stacy Dee	LES MILLS BODYCOMBAT Stephanie	LES MILLS BODYPUMP Kim	LES MILLS BODYPUMP Clay
	10:30 AM	FLEX Elaine	ZUMBA Alex	ZUMBA Belitza	LES MILLS BODYPUMP Stacy Dee	LES MILLS BODYPUMP Lauren	LES MILLS BODYCOMBAT Kim	
	11:30 AM	Classic Silver Sneakers Elaine	Circuit Silver Sneakers Paula	Classic Silver Sneakers Stacy Dee	Circuit Silver Sneakers Elaine	Yoga Silver Sneakers Megan		
	12:30 PM							
	5:30 PM	STEP Paula	LES MILLS BODYCOMBAT Jillian	LES MILLS BODYPUMP Lisa	LES MILLS BODYPUMP Jillian	FLEX Renee		
	6:30 PM	LES MILLS BODYPUMP Sergio	LES MILLS BODYATTACK Larissa	ZUMBA Brittany				
7:30 PM								
STUDIO 2 (OLD)	7:30 AM						TRX Becky	
	8:30 AM		TRX Elaine			BARRE Elaine		
	9:30 AM	BARRE Elaine	ZUMBA GOLD Belitza	LES MILLS SH'BAM Stacy Dee	Yoga Megan	LES MILLS SH'BAM Lauren	ZUMBA Mimi	
	10:30 AM	LES MILLS BODYFLOW Stacy Dee	Yoga Joni	LES MILLS BODYFLOW Joni	TRX Elaine	LES MILLS BODYFLOW Stephanie	LES MILLS BODYFLOW Joni	
	5:30 PM	LES MILLS BODYFLOW Cristina S.		ZUMBA Leslie				
	6:30 PM	ZUMBA kids Lydia	ZUMBA Belkys	Yoga Megan	BARRE FUSION PILATES Kim K.	Barre Jennifer		
	7:30 PM	ZUMBA Leo			ZUMBA Leo			
CYCLE STUDIO	6:00 AM							
	9:30 AM		LES MILLS RPM Becky		Yole Elaine	LES MILLS sprint Lauren (8:30)	LES MILLS RPM Becky (8:30)	
	10:30 AM							
	5:30 PM			LES MILLS RPM Becky				
	6:30 PM		LES MILLS RPM Becky					

CLERMONT

CLUB HOURS

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

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

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KIDDIE GYM HOURS

Mon - Fri.	8:00-12:00
Mon - Thurs.	3:30-8:30pm
Friday	3:30-8:00pm
Saturday	8:00-12pm
Sunday	CLOSED

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 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.
	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.
	CORE 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. CORE tones core muscles.
	LES MILLS SPRINT is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
	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!!
	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.
	Take your workout to new lengths with Fit Barre, a fusion of ballet-inspired movements, sculpt training, cardio segments, core, and much more.
	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 your body.
	This class will "kick your butt" with the fundamentals of boxing combined with a high-energy cardio workout.
	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.
	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.
	Pilates Barre Fusion is a unique blend of Pilates principles, strength training, barre and high-energy workouts that will make you feel graceful, flexible and strong.
	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.
	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.
	Creative Conditioning 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.
	Turn Up workouts are intense, fun, and life-changing, incorporating HIIT (high intensity interval training), strength training, and dance! You will be challenged, but you will embrace it, and as you step outside of your comfort zone with the turn up squad... you will step into your girl power like never before!