

CLERMONT JANUARY 2024

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	6:00 AM	Strength Development Becky		Strength Development Becky				
	8:30 AM	LES MILLS BODYPUMP Stacy Dee	LES MILLS BODYPUMP Stacy Dee	KICKBOXING Elaine	Strength Development Becky	LES MILLS CORE Becky (8:45)	Creative Conditioning Renee	
	9:30 AM	LES MILLS BODYJAM SH'BAM Stacy Dee	KICKBOXING Elaine	FLEX Elaine	LES MILLS BODYCOMBAT Stacy Dee	LES MILLS BODYCOMBAT Becky	LES MILLS BODYPUMP Katie	LES MILLS BODYPUMP Clay (9:00 am)
	10:30 AM	FLEX Elaine	ZUMBA Alex	ZUMBA Lydia	LES MILLS BODYPUMP Stacy Dee	LES MILLS BODYPUMP Lauren		LES MILLS BODYCOMBAT Clay (10:00 am)
	11:30 AM	Classic SilverSneakers Elaine	Circuit SilverSneakers Paula	Classic SilverSneakers Stacy Dee	Circuit SilverSneakers Elaine	Yoga SilverSneakers Megan		
	12:30 PM	Classic SilverSneakers Allison				Yoga SilverSneakers Megan		
	5:30 PM	Creative Conditioning Renee	LES MILLS BODYCOMBAT Jillian	Creative Conditioning Kim. K	LES MILLS BODYPUMP Jillian	FLEX Renee		
	6:30 PM	LES MILLS BODYPUMP Sergio	LES MILLS BODYATTACK Larissa	ZUMBA Brittany	LES MILLS BODYCOMBAT Clay			
STUDIO 2 (OLD)	7:30 PM		Strength Development Kris		Strength Development Kris			
	7:30 AM						TRX Becky	
	8:30 AM	ZUMBA Flo	TRX Elaine	ZUMBA Aixa	ZUMBA Lynn	BARRE Elaine		ZUMBA Brittany
	9:30 AM	BARRE Elaine	ZUMBA GOLD Miguel	barre SH'BAM Stacy Dee	Boja Megan	LES MILLS SH'BAM Lauren	ZUMBA Brittany	Boja Anika
	10:30 AM	LES MILLS BODYBALANCE Stacy Dee	Boja Joni	LES MILLS BODYBALANCE Joni	TRX Elaine	LES MILLS BODYBALANCE Erin	LES MILLS BODYBALANCE Joni	
	5:30 PM	LES MILLS BODYBALANCE Cristina S.	BARRE Laura	ZUMBA Leslie	BARRE Laura			
	6:30 PM	TURN UP Jennifer	ZUMBA Belkys	Boja Megan	ZUMBA kids Brittany	TURN UP Jennifer		
	7:30 PM	ZUMBA Amy		Turn Up & Tone Jennifer	ZUMBA Amy			
CYCLE	6:00 AM		sprint Cristina		sprint Cristina			
	9:30 AM	LES MILLS RPM Robin	LES MILLS RPM Becky	LES MILLS RPM Cristina	Boja Elaine	sprint Lauren (8:30)	LES MILLS RPM Becky (8:30)	
	5:30 PM			LES MILLS RPM Robin				
	6:30 PM		LES MILLS RPM Jeanine					



CLERMONT

CLUB HOURS

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

Group Fitness Manager: Becky Evans
 becky@fitnesscf.com




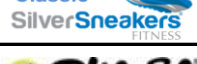
1050 E. Hwy 50
 Clermont, FL

(352) 394-2210
 www.fitnesscfgyms.com

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.
	BODYBALANCE 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 scientific 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!!
	LES MILLS 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.
	LES MILLS Strength Development will build muscle and improve technique. Aimed at those wanting to get stronger, LES MILLS Strength Development is a sequence of 12 x 45-minute progressive workouts.
	Take your workout to new lengths with 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.
	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.
	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!