

# CLERMONT APRIL 2024

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

# 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

	<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.
	<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.
	<b>BODYBALANCE</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.
	<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.
	<b>RPM</b> is the indoor cycling workout where you ride to the rhythm of powerful music. Bikes are available on a first come first serve basis.
	<b>CORE</b> 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. <b>CORE</b> tones core muscles.
	<b>LES MILLS SPRINT</b> is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
	<b>LES MILLS DANCE™</b> is a high-energy workout that will reinvent the way you move and sweat! 45-minutes, 10 stand-alone tracks, inspired by global dance genres and designed by dancers.
	<b>LES MILLS BodyJam™</b> 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.
	<b>LES MILLS Strength Development</b> will build muscle and improve technique. Aimed at those wanting to get stronger, <b>LES MILLS Strength Development</b> is a sequence of 12 x 45-minute progressive workouts.
	<b>LES MILLS FUNCTIONAL STRENGTH</b> is a series of full-body workouts that uses unique super sets of tempo-focused loaded compound moves with single-sided (unilateral) movements
	Take your workout to new lengths with Barre, a fusion of ballet-inspired movements, sculpt training, cardio segments, core, and much more.
	<b>Yoga</b> 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.
	<b>TRX Suspension Training®</b> 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.
	<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.
	<b>Turn Up</b> 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!