

# CLERMONT JANUARY 2026

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	6:00 AM	Strength Development Becky	CEREMONY Tina	Strength Development Becky	CEREMONY Tina			
	8:30 AM	LES MILLS <b>BODYPUMP</b> Stacy Dee	LES MILLS <b>BODYPUMP HEAVY</b> Stacy Dee	LES MILLS <b>Shapes</b> Becky	Strength Development Becky	LES MILLS <b>CORE</b> Allison (8:45)	Creative Conditioning Renee	
	9:30 AM	LES MILLS <b>BODYJAM</b> Stacy Dee	KICKBOXING Elaine	<b>FLEX</b> Elaine	LES MILLS <b>BODYCOMBAT</b> Stacy Dee	LES MILLS <b>BODYCOMBAT</b> Jeanine	LES MILLS <b>BODYPUMP</b> Katie	LES MILLS <b>BODYPUMP</b> Clay (9:00 am)
	10:30 AM	<b>FLEX</b> Elaine	<b>ZUMBA</b> Alex	<b>ZUMBA</b> Lydia	LES MILLS <b>BODYPUMP</b> Stacy Dee	LES MILLS <b>BODYPUMP</b> Lauren		LES MILLS <b>BODYCOMBAT</b> Clay (10:00 am)
	11:30 AM	Classic Silver Sneakers Elaine	Circuit Silver Sneakers Paula	Classic Silver Sneakers Jenny	Circuit Silver Sneakers Elaine	Yoga Silver Sneakers Megari		
	12:30 PM	Classic Silver Sneakers Allison	Classic Silver Sneakers Becky	<b>Line Dance</b> Paula		Yoga Silver Sneakers Megan		
	4:30 PM			Strength Development Jeanine				
	5:30 PM	Creative Conditioning Renee	LES MILLS <b>BODYCOMBAT</b> Kali	Creative Conditioning Kim. K	LES MILLS <b>BODYPUMP</b> Jeanine	<b>FLEX</b> Renee		
	6:30 PM	LES MILLS <b>BODYPUMP</b> Sergio	LES MILLS <b>BODYATTACK</b> Larissa	<b>ZUMBA</b> Brittany	CEREMONY Jeanine			
	7:30 PM	CEREMONY Jeanine	Strength Development Kris	Turn Up & Tone Jennifer	Strength Development Kris			
STUDIO 2 (OLD)	8:30 AM	<b>ZUMBA</b> Jenny	TRX Suspension Training Elaine	KICKBOXING Elaine	<b>ZUMBA</b> Jenny	<b>BARRE</b> Elaine	TRX Suspension Training Becky (7:30)	<b>ZUMBA</b> Brittany
	9:30 AM	<b>BARRE</b> Elaine	<b>ZUMBA GOLD</b> Miguel	<b>PILATES</b> Stacy Dee	<b>Yoga</b> Megan	<b>DANCE</b> Lauren	<b>ZUMBA</b> Brittany	
	10:30 AM	LES MILLS <b>BODYBALANCE</b> Stacy Dee	<b>Yoga</b> Joni	<b>Yoga</b> Genevieve	TRX Suspension Training Elaine	LES MILLS <b>BODYBALANCE</b> Erin	LES MILLS <b>BODYBALANCE</b> Joni	
	11:30 AM	<b>ENERGHI</b> Megan						
	5:30 PM	LES MILLS <b>BODYBALANCE</b> Cristina S.	<b>BARRE</b> Laura		<b>BARRE</b> Laura			
	6:30 PM	<b>TURN UP</b> Jennifer	<b>ZUMBA kids</b> Brittany	Yogalates Jenna	<b>ZUMBA LIFT</b> Amy (1/15)	<b>TURN UP</b> Jennifer		
	7:30 PM	<b>ZUMBA</b> Amy	<b>ZUMBA</b> Belkys		<b>ZUMBA</b> Amy			
	9:30 AM	LES MILLS <b>RPM</b> Robin	LES MILLS <b>RPM</b> Becky	LES MILLS <b>RPM</b> Cristina	<b>Yole</b> Elaine	LES MILLS <b>sprint</b> Lauren (8:30)	LES MILLS <b>RPM</b> Becky (8:30)	
CYCLE	5:30 PM	<b>Yole</b> Jessica		LES MILLS <b>RPM</b> Robin				
	6:30 PM		<b>Yole</b> Jessica					



# 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  
beckye@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	8:00-12pm

## 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 CEREMONY</b> is a 45 minute functional training class that combines cardio and strength for a complete full body workout.
	<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 multiple 45-minute progressive workouts.
	Build full-body strength, sculpt and shape muscles, improve posture. Low impact, high intensity. Pilates, barre, and power yoga set to modern beats.
	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.
	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.
	It's a modified Tai Chi class that incorporates slow, flowing movements and deep breathing to improve overall well-being, including strength, balance, and focus. The classes are designed for all levels and can be practiced in a seated or standing position, with chair support available if needed.
	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!