

CLERMONT JANUARY 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Strength Development Becky	CEREMONY LesMills Tina	Strength Development Becky	CEREMONY LesMills Tina			
8:30 AM	LesMills BODYPUMP Stacy Dee	LesMills BODYPUMP HEAVY Stacy Dee	LesMills Shapes Becky	Strength Development Becky	LesMills CORE Allison (8:45)	Creative Conditioning Renee	
9:30 AM	LesMills BODYJAM Stacy Dee	KICKBOXING Elaine	FLEX Elaine	LesMills BODYCOMBAT Stacy Dee	LesMills BODYCOMBAT Jeanine	LesMills BODYPUMP Katie	LesMills BODYPUMP Clay (9:00 am)
10:30 AM	FLEX Elaine	ZUMBA Alex	ZUMBA Lydia	LesMills BODYPUMP Stacy Dee	LesMills BODYPUMP Lauren		LesMills BODYCOMBAT Clay (10:00 am)
11:30 AM	Classic SilverSneakers Elaine	Circuit SilverSneakers Paula	Classic SilverSneakers Jenny	Circuit SilverSneakers Elaine	Yoga SilverSneakers Megan		
12:30 PM	Classic SilverSneakers Allison	Classic SilverSneakers Becky	Line Dance Paula		Yoga SilverSneakers Megan		
4:30 PM			Strength Development Jeanine				
5:30 PM	Creative Conditioning Renee	LesMills BODYCOMBAT Kali	Creative Conditioning Kim. K	LesMills BODYPUMP Jeanine	FLEX Renee		
6:30 PM	LesMills BODYPUMP Sergio	LesMills BODYATTACK Larissa	ZUMBA Brittany	CEREMONY Jeanine			
7:30 PM	CEREMONY Jeanine	Strength Development Kris	Turn Up & Tone Jennifer	Strength Development Kris			
8:30 AM	ZUMBA Jenny	TRX Suspension Training Elaine	KICKBOXING Elaine	ZUMBA Jenny	BARRE Elaine	TRX Suspension Training Becky (7:30)	ZUMBA Brittany
9:30 AM	BARRE Elaine	ZUMBA GOLD Miguel	PILATES Stacy Dee	Boga Megan	LesMills DANCE Lauren	ZUMBA Brittany	
10:30 AM	LesMills BODYBALANCE Stacy Dee	Boga Joni	Boga Genevieve	TRX Suspension Training Elaine	LesMills BODYBALANCE Erin	LesMills BODYBALANCE Joni	
11:30 AM	ENERGY 1 Megan						
5:30 PM	LesMills BODYBALANCE Cristina S.	BARRE Laura		BARRE Laura			
6:30 PM	TURN UP Jennifer	ZUMBA KIDS Brittany	Yogalates Jenna	ZUMBA LIFT Amy (1/15)	TURN UP Jennifer		
7:30 PM	ZUMBA Amy	ZUMBA Belkys		ZUMBA Amy			
9:30 AM	LesMills RPM Robin	LesMills RPM Becky	LesMills RPM Cristina	OJole Elaine	LesMills Sprint Lauren (8:30)	LesMills RPM Becky (8:30)	
5:30 PM	OJole Jessica		LesMills RPM Robin				
6:30 PM		OJole Jessica					
FITNESS CF CLERMONT							
Schedule Effective: January 2026							

STUDIO 1

STUDIO 2 (OLD)

CYCLE

CLERMONT

CLUB HOURS

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

1050 E. Hwy 50
 Clermont, FL

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

LesMills BODYATTACK	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.
LesMills BODYCOMBAT	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.
LesMills BODYBALANCE	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.
LesMills BODYPUMP	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.
LesMills RPM	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.
LesMills CORE	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.
LesMills Sprint	LES MILLS SPRINT is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
LesMills DANCE	LES MILLS DANCE™ 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.
LesMills BODYJAM	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.
LesMills CEREMONY	Les Mills CEREMONY is a 45 minute functional training class that combines cardio and strength for a complete full body workout.
Strength Development	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 multiple 45-minute progressive workouts.
LesMills Shapes	Build full-body strength, sculpt and shape muscles, improve posture. Low impact, high intensity. Pilates, barre, and power yoga set to modern beats.
Barre	Take your workout to new lengths with Barre, a fusion of ballet-inspired movements, sculpt training, cardio segments, core, and much more.
Yoga	Yoga unites breathing with movement as it develops strength, flexibility, balance and mental focus.
FLEX	Using balls, bars, bands and hand weights, this strength training class will tone and build your body.
KICKBOXING	This class will "kick your butt" with the fundamentals of boxing combined with a high-energy cardio workout.
TRX <small>Suspension Training</small>	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.
Classic Silver Sneakers	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.
ENERGY TAI CHI	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.
ZUMBA	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	<i>Creative Conditioning</i> 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	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!