

CLERMONT FEBRUARY 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Strength Development Becky	LESMILLS CEREMONY Tina	Strength Development Becky	LESMILLS CEREMONY 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 Silver Sneakers Elaine	Circuit Silver Sneakers Paula	Classic Silver Sneakers Jenny	Circuit Silver Sneakers Elaine	Yoga Silver Sneakers Megan		
12:30 PM	Classic Silver Sneakers Allison	Classic Silver Sneakers Becky	Fine Dance Paula		Yoga Silver Sneakers Megan		
4:30 PM			Strength Development Jeanine				
5:30 PM	Creative Conditioning Renee	LESMILLS BODYCOMBAT Kali	STEP + SCULPT Kim. K	LESMILLS BODYPUMP Jeanine	FLEX Renee		
6:30 PM	LESMILLS BODYPUMP Sergio	LESMILLS BODYATTACK Larissa	ZUMBA Brittany	LESMILLS CEREMONY Jeanine			
7:30 PM	LESMILLS 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	YOGA DANCE Lauren	ZUMBA Brittany	
10:30 AM	LESMILLS BODYBALANCE Stacy Dee	Boga Joni	Yoga YIN Stacy Dee	TRX Suspension Training Elaine	LesMILLS BODYBALANCE Erin	LesMILLS BODYBALANCE Joni	
11:30 AM	ENERGY 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	TURN UP Jennifer		
7:30 PM	ZUMBA Amy	ZUMBA Belkys		ZUMBA Amy			
9:30 AM	LesMILLS RPM Robin	LESMILLS RPM Becky	LesMILLS RPM Cristina	Ogole Elaine	LESMILLS sprint Lauren (8:30)	LESMILLS RPM Becky (8:30)	
5:30 PM	Ogole Jessica		LesMILLS RPM Robin				
6:30 PM		Ogole Jessica					
FITNESS CF CLERMONT				Schedule Effective: February 2026			
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

Group Fitness Manager: Becky Evans
 beckye@fitnesscf.com

(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

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.

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 Suspension Training

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 SilverSneakers FITNESS

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.

ENERCHI

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

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

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!

