

CLERMONT APRIL 2026

STUDIO 1

STUDIO 2 (OLD)

CYCLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Strength Development Becky	CEREMONY Tina	Strength Development Becky	CEREMONY Tina			
8:30 AM	LES MILLS BODYPUMP Stacy Dee	LES MILLS BODYPUMP HEAVY Stacy Dee	LES MILLS Shapes Becky	Strength Development Becky	LES MILLS CORE Allison (8:45)	Creative Conditioning Renee	
9:30 AM	LES MILLS BODYJAM Stacy Dee	KICKBOXING Elaine	FLEX Elaine	LES MILLS BODYCOMBAT Stacy Dee	LES MILLS BODYCOMBAT Kali	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 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							
5:30 PM	Creative Conditioning Renee	LES MILLS BODYCOMBAT Kali	LES MILLS SCULPT Kim. K	LES MILLS BODYPUMP Jillian	FLEX Renee		
6:30 PM	LES MILLS BODYPUMP Sergio	LES MILLS BODYATTACK Larissa	ZUMBA Brittany	Strength Development Kris			
7:30 PM		Strength Development Kris					
8:30 AM	ZUMBA Jenny	TRX Elaine	KICKBOXING Elaine	ZUMBA Jenny	BARRE Elaine	TRX Becky (7:30)	
9:30 AM	BARRE Elaine	ZUMBA GOLD Miguel	PILATES Stacy Dee	Yoga Megan	DANCE Lauren	ZUMBA Brittany	ZUMBA Kevin (10:00)
10:30 AM	LES MILLS BODYBALANCE Stacy Dee	Yoga Joni	LES MILLS YIN Stacy Dee	TRX Elaine	LES MILLS BODYBALANCE Erin	LES MILLS BODYBALANCE Joni	
11:30 AM	ENERGIZE Megan						
5:30 PM	LES MILLS BODYBALANCE Cristina S.						
6:30 PM	TURN UP Jennifer	ZUMBA kids Brittany	Turn Up & Tone Jennifer	ZUMBA LIFT Amy	TURN UP Jennifer		
7:30 PM	ZUMBA Amy	ZUMBA Belkys		ZUMBA Amy			
9:30 AM	LES MILLS RPM Robin	LES MILLS RPM Becky	LES MILLS RPM Cristina	CELEBRATING Elaine	LES MILLS sprint Lauren (8:30)	LES MILLS RPM Becky (8:30)	
5:30 PM	LES MILLS RPM Ingrid		LES MILLS RPM Robin				
6:30 PM		LES MILLS RPM Ingrid					



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	8:00-12pm

CLASS DESCRIPTIONS

LES MILLS 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.
LES MILLS 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.
LES MILLS 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.
LES MILLS 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.
LES MILLS 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.
LES MILLS 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.
LES MILLS 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™	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.
LES MILLS 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.
LES MILLS CEREMONY	Les Mills CEREMONY is a 45 minute functional training class that combines cardio and strength for a complete full body workout.
LES MILLS 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.
LES MILLS Shapes	Build full-body strength, sculpt and shape muscles, improve posture. Low impact, high intensity. Pilates, barre, and power yoga set to modern beats.
LES MILLS BARRE	Take your workout to new lengths with Barre, a fusion of ballet-inspired movements, sculpt training, cardio segments, core, and much more.
LES MILLS Yoga	Yoga unites breathing with movement as it develops strength, flexibility, balance and mental focus.
LES MILLS FLEX	Using balls, bars, bands and hand weights, this strength training class will tone and build your body.
LES MILLS KICKBOXING	This class will "kick your butt" with the fundamentals of boxing combined with a high-energy cardio workout.
LES MILLS 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.
LES MILLS SilverSneakers	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.
LES MILLS 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.
LES MILLS 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!

