

# CLERMONT OCTOBER 2026

|                |  | TIME     | MONDAY                                      | TUESDAY                                      | WEDNESDAY                          | THURSDAY                                     | FRIDAY                                    | SATURDAY                                          | SUNDAY                                         |
|----------------|--|----------|---------------------------------------------|----------------------------------------------|------------------------------------|----------------------------------------------|-------------------------------------------|---------------------------------------------------|------------------------------------------------|
| STUDIO 1       |  | 6:00 AM  | Strength Development<br>Becky               | <b>CEREMONY</b><br>Tina                      | Strength Development<br>Becky      | <b>CEREMONY</b><br>Tina                      |                                           |                                                   |                                                |
|                |  | 8:30 AM  | <b>LES MILLS BODYPUMP</b><br>Stacy Dee      | <b>LES MILLS BODYPUMP HEAVY</b><br>Stacy Dee | <b>LES MILLS Shapes</b><br>Becky   | Strength Development<br>Becky                | <b>LES MILLS CORE</b><br>Allison (45 min) | Creative Conditioning<br>Renee                    |                                                |
|                |  | 9:30 AM  | <b>LES MILLS BODYJAM</b><br>Stacy Dee       | KICKBOXING<br>Elaine                         | <b>FLEX</b><br>Elaine              | <b>LES MILLS BODYCOMBAT</b><br>Stacy Dee     | <b>LES MILLS BODYCOMBAT</b><br>Kali       | <b>LES MILLS BODYPUMP</b><br>Katie                | <b>LES MILLS BODYPUMP</b><br>Clay (9:00 am)    |
|                |  | 10:30 AM | <b>FLEX</b><br>Elaine                       | <b>ZUMBA</b><br>Alex                         | <b>ZUMBA</b><br>Lydia              | <b>LES MILLS BODYPUMP</b><br>Stacy Dee       | <b>LES MILLS BODYPUMP</b><br>Jenny        |                                                   | <b>LES MILLS BODYCOMBAT</b><br>Clay (10:00 am) |
|                |  | 11:30 AM | Classic SilverSneakers<br>Elaine            | Circuit SilverSneakers<br>Becky              | Classic SilverSneakers<br>Paula    | Circuit SilverSneakers<br>Elaine             | Yoga SilverSneakers<br>Megan              |                                                   |                                                |
|                |  | 12:30 PM | Classic SilverSneakers<br>Allison           | Classic SilverSneakers<br>Jenny              | Line Dance<br>Paula                |                                              | Yoga SilverSneakers<br>Megan              |                                                   |                                                |
|                |  | 5:30 PM  | Creative Conditioning<br>Renee              | <b>LES MILLS BODYCOMBAT</b><br>Kali          | STEP + SCULPT<br>Kim. K            | <b>LES MILLS BODYPUMP VIRTUAL</b>            | <b>FLEX</b><br>Renee                      |                                                   |                                                |
|                |  | 6:30 PM  | <b>LES MILLS BODYPUMP</b><br>Sergio         | <b>LES MILLS BODYATTACK</b><br>Larissa       | <b>ZUMBA</b><br>Brittany           | Strength Development<br>Kris                 |                                           |                                                   |                                                |
|                |  | 7:30 PM  |                                             | Strength Development<br>Kris                 |                                    |                                              |                                           |                                                   |                                                |
|                |  | 8:30 AM  | <b>ZUMBA</b><br>Jenny                       | <b>TRX</b><br>Suspension Training®<br>Elaine | KICKBOXING<br>Elaine               | <b>ZUMBA</b><br>Jenny                        | <b>BARRE</b><br>Elaine                    | <b>TRX</b><br>Suspension Training®<br>Lori (7:30) |                                                |
| STUDIO 2 (OLD) |  | 9:30 AM  | <b>BARRE</b><br>Elaine                      | <b>ZUMBA GOLD</b><br>Miguel                  | <b>PILATES</b><br>Stacy Dee        | <b>YOGA</b><br>Megan                         |                                           | <b>ZUMBA</b><br>Brittany                          |                                                |
|                |  | 10:30 AM | <b>LES MILLS BODYBALANCE</b><br>Stacy Dee   |                                              | <b>LES MILLS yoga</b><br>Stacy Dee | <b>TRX</b><br>Suspension Training®<br>Elaine | <b>LES MILLS BODYBALANCE</b><br>Erin      |                                                   | <b>ZUMBA</b><br>Kevin (10:00)                  |
|                |  | 11:30 AM | <b>ENERGIZE</b><br>Megan                    |                                              |                                    |                                              |                                           |                                                   |                                                |
|                |  | 5:30 PM  | <b>LES MILLS BODYBALANCE</b><br>Cristina S. | <b>PILATES</b><br>Robin                      |                                    |                                              |                                           |                                                   |                                                |
|                |  | 6:30 PM  | <b>TURN UP</b><br>Jennifer                  | <b>ZUMBA kids</b><br>Brittany                | Turn Up & Tone<br>Jennifer         |                                              | <b>TURN UP</b><br>Jennifer                |                                                   |                                                |
|                |  | 7:30 PM  | <b>ZUMBA</b><br>Amy                         | <b>ZUMBA</b><br>Kevin                        |                                    | <b>ZUMBA</b><br>Amy                          |                                           |                                                   |                                                |
|                |  |          |                                             |                                              |                                    |                                              |                                           |                                                   |                                                |
| CYCLE          |  | 6:00 AM  |                                             | <b>LES MILLS sprint</b><br>Lauri             |                                    |                                              |                                           |                                                   |                                                |
|                |  | 9:30 AM  | <b>LES MILLS RPM</b><br>Robin               | <b>LES MILLS RPM</b><br>Becky                | <b>LES MILLS RPM</b><br>Cristina   | <b>CYCLING</b><br>Elaine                     | <b>LES MILLS sprint</b><br>Lauri (8:30)   | <b>CYCLING</b><br>Lori                            |                                                |
|                |  | 5:30 PM  | <b>LES MILLS RPM</b><br>Ingrid              |                                              | <b>LES MILLS RPM</b><br>Robin      |                                              |                                           |                                                   |                                                |
|                |  | 6:30 PM  |                                             | <b>LES MILLS RPM</b><br>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  
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>LES MILLS BODYATTACK</b>           | <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>LES MILLS BODYCOMBAT™</b>          | <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>LES MILLS BODYBALANCE</b>          | <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>LES MILLS BODYPUMP</b>             | <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>LES MILLS RPM</b>                  | <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>LES MILLS CORE</b>                 | <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>               | <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>               | <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>             | <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>             | <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> | <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.                                                                                                          |
| <b>LES MILLS Shapes</b>               | Build full-body strength, sculpt and shape muscles, improve posture. Low impact, high intensity. Pilates, barre, and power yoga set to modern beats.                                                                                                                                                                            |
| <b>LES MILLS BARRE</b>                | Take your workout to new lengths with Barre, a fusion of ballet-inspired movements, sculpt training, cardio segments, core, and much more.                                                                                                                                                                                      |
| <b>LES MILLS YOGA</b>                 | <b>Yoga</b> unites breathing with movement as it develops strength, flexibility, balance and mental focus.                                                                                                                                                                                                                      |
| <b>LES MILLS FLEX</b>                 | Using balls, bars, bands and hand weights, this strength training class will tone and build your body.                                                                                                                                                                                                                          |
| <b>LES MILLS KICKBOXING</b>           | This class will "kick your butt" with the fundamentals of boxing combined with a high-energy cardio workout.                                                                                                                                                                                                                    |
| <b>LES MILLS TRX®</b>                 | <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.                                                                                                                       |
| <b>LES MILLS SilverSneakers®</b>      | 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.                                                                                                                                                                       |
| <b>LES MILLS ENERCHI</b>              | 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.                        |
| <b>LES MILLS ZUMBA®</b>               | 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>          | <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>                        | <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! |