CLERMONT NOVEMBER 2026

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	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 (45 min)	Creative Conditioning Renee	
	9:30 AM	LesMills BODYJAM DANCE Stacy Dee	KICKBOXING Elaine	FLEX Elaine	LesMills BODYCOMBAT Stacy Dee	LesMills BODYCOMBAT Kali	LesMills BODYPUMP Katie	LesMills BODYPUMP Clay (9:00 am)
	10:30 AM	FLEX Elaine	ZUMBA Alex	ZUMBA Lydia	LesMills BODYPUMP Stacy Dee	LesMills BODYPUMP Jenny		LesMills BODYCOMBAT Clay (10:00 am)
	11:30 AM	Classic SilverSneakers FITNESS Elaine	Circuit SilverSneakers FITNESS Becky	Classic SilverSneakers FITNESS Paula	Circuit SilverSneakers FITNESS Elaine	Yoga SilverSneakers FITNESS Megan		
	12:30 PM	Classic SilverSneakers FITNESS Allison	Classic SilverSneakers FITNESS Jenny	Line Dance Paula		Yoga SilverSneakers FITNESS Megan		
	5:30 PM	Creative Conditioning Renee	LesMills BODYCOMBAT Kali	STEP - SCULPT Kim. K	LesMills BODYPUMP VIRTUAL	FLEX Renee		
	6:30 PM	LesMills BODYPUMP Sergio	LesMills BODYATTACK Larissa	ZUMBA Brittany	Strength Development Kris			
	7:30 PM		Strength Development Kris					
STUDIO 2 (OLD)	8:30 AM	ZUMBA Jenny	TRX Suspension Training Elaine	KICKBOXING Elaine	ZUMBA Jenny	BARRE Elaine	TRX Suspension Training Lori (7:30)	
	9:30 AM	BARRE Elaine	ZUMBA GOLD Miguel	LesMills PILATES Stacy Dee	Boga Megan		ZUMBA Brittany	
	10:30 AM	LesMills BODYBALANCE Stacy Dee	Boga Yared	LesMills yoga Stacy Dee	TRX Suspension Training Elaine	LesMills BODYBALANCE Erin		ZUMBA Kevin (10:00)
	11:30 AM	ENERCHI Megan						
	5:30 PM	LesMills BODYBALANCE Cristina S.	LesMills PILATES Robin					
	6:30 PM	TURN UP Jennifer	ZUMBA kids Brittany			TURN UP Jennifer		
	7:30 PM	ZUMBA Amy	ZUMBA Kevin		ZUMBA Amy			
CYCLE	6:00 AM		LesMills sprint Lauri					
	9:30 AM	LesMills RPM Robin	LesMills RPM Becky	LesMills RPM Cristina	CYCLING Elaine	LesMills sprint Lauri (8:30)	CYCLING Lori	
	5:30 PM	LesMills RPM Ingrid	LesMills RPM Ingrid	LesMills RPM Robin				
	6:30 PM							

FITNESS CF CLERMONT

Schedule Effective: NOVEMBER 2026

Clermont

CLUB HOURS		KIDDIE GYM 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	Mon - Fri.	8:00-12:00
		Mon - Thurs.	3:30-8:30pm
		Friday	3:30-8:00pm
Group Fitness Manager: Becky Evans beckye@fitnesscf.com	(352) 394-2210 www.fitnesscfgyms.com	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 LesMills 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!