

SOUTH CLERMONT SEPTEMBER 2021

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	8:00 AM		<small>LES MILLS</small> CORE Kim/Brooke	<small>LES MILLS</small> tone Lauren	<small>LES MILLS</small> CORE Kim/Brooke			
	8:30 AM	<small>LES MILLS</small> BODYPUMP Kim (9:00)	<small>LES MILLS</small> BODYATTACK Kim/Brooke	<small>LES MILLS</small> BODYPUMP Kim (9:00)	<small>LES MILLS</small> BODYCOMBAT Kim/Brooke		<small>LES MILLS</small> BODYSTEP Sthephan	
	9:30 AM	<small>LES MILLS</small> CORE Kim (10:00)	<small>ZUMBA</small> ZUMBA Lydia	<small>LES MILLS</small> CORE Kim (10:00)	<small>ZUMBA</small> ZUMBA Yanira	<small>LES MILLS barre</small> BODYFLOW Stacy Dee	<small>LES MILLS</small> BODYPUMP Sthephan	
	10:30 AM	<small>ZUMBA</small> ZUMBA Belkys	XCO LATIN BY JACKIE Wilma	<small>ZUMBA gold</small> ZUMBA Yvonne	XCO LATIN BY JACKIE Yanira	<small>LES MILLS</small> BODYPUMP Stacy Dee		
	11:30 AM	<small>Classic Silver Sneakers</small> Silver Sneakers Becky	<small>Circuit Silver Sneakers</small> Silver Sneakers Wilma	<small>Yoga Silver Sneakers</small> Silver Sneakers Yvonne	<small>Circuit Silver Sneakers</small> Silver Sneakers Yanira	<small>Classic Silver Sneakers</small> Silver Sneakers Stacy Dee		
	5:00 PM							
	5:30 PM	STRONG NATION Belitza		<small>LES MILLS</small> BODYATTACK Angel (9/29/21)				
	6:30 PM	<small>LES MILLS</small> BODYPUMP Mike	<small>LES MILLS</small> BODYCOMBAT Yvonne	<small>LES MILLS</small> BODYPUMP Angel (9/29/21)	<small>LES MILLS</small> BODYSTEP Sthephan	<small>ZUMBA</small> ZUMBA Alejandro		
7:30 PM	<small>LES MILLS</small> BODYATTACK Sthephan	<small>ZUMBA</small> ZUMBA Betzzy	<small>ZUMBA</small> ZUMBA Lydia	<small>ZUMBA</small> ZUMBA Belkys				
STUDIO 2	8:00 AM							
	8:30 AM							
	9:30 AM	<small>Boga</small> Boga Ashley					<small>ZUMBA</small> ZUMBA Alex	
	10:00 AM							
	10:30 AM	<small>TRX</small> TRX Taylor	<small>LES MILLS</small> BODYFLOW Stacy Dee	HOT YOGA Ashley		<small>Boga</small> Boga Run		
	5:30 PM			<small>Boga</small> Boga Run	HOT YOGA Victoria			
	6:30 PM	<small>Boga</small> Boga Run		<small>ZUMBA kids</small> ZUMBA kids Lydia				
CYCLE STUDIO	8:00 AM							
	9:30 AM		<small>LES MILLS</small> RPM Brooke	<small>LES MILLS</small> sprint Lauren				
	10:30 AM							
	5:30 PM	<small>LES MILLS</small> RPM Lisa						
	6:30 PM							

SOUTH CLERMONT

CLUB HOURS

Monday 4:30am until Friday 11:00pm
 Saturday 5:00am-9:00pm
 Sunday 5:00am-9:00pm

1714 US HWY 27
 Clermont, FL

(352) 988-5463
 www.fitnesscfgyms.com

KIDDIE GYM HOURS

Mon - Thurs.

8:00-8:30PM

Friday

8:00 - 8:00 PM

Saturday

8:00-12:00pm

Sunday

CLOSED

S. Clermont Group Fitness Manager:

Becky Evans

beckye@fitnesscf.com

CLASS DESCRIPTIONS

	<p>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.</p>
	<p>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.</p>
	<p>BODYFLOW is a blend of yoga, Tai Chi and Pilates that leaves you feeling long, strong and centered. The class is closely choreographed to contemporary music and will enhance your physical and mental well-being.</p>
	<p>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.</p>
	<p>CORE is a revolutionary 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 and may help prevent injury.</p>
	<p>BODYATTACK is a fully optional, 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.</p>
	<p>LES MILLS SPRINT is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.</p>
	<p>LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength. LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.</p>
	<p>LES MILLS Body Step is a full-body cardio and muscle conditioning with BODYSTEP, a step-based group class to lift your fitness and tone your butt and legs</p>
	<p>LES MILLS TONE combines blocks of strength, cardio and core training into one complete and convenient workout. ... The multi-peak workout helps burn calories and build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.</p>
	<p>The XCO LATIN WORKOUT mixes latin rhythms and athletic movements using intelligent physic tools. The result: It is the most extraordinary, intense and dynamic workout in the market designed to work your entire body with special emphasis to your core and arms.</p>
	<p>Pedal your way to the best shape of your life by working out on high-performance stationary bikes. All fitness levels can participate - you control your ride.</p>
	<p>Yoga unites breathing with movement as it develops strength, flexibility, balance and mental focus.</p>
	<p>Hot yoga is a 60 minute class where the temperature of the room heated up to 105 degrees. Each class consists of classic yoga postures performed with fluid movement linked with breathing. Each instructor brings their own brand of creative sequencing and fun to offer you an excellent way to tone & strengthen the entire body.</p>
	<p>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.</p>
	<p>STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.</p>
	<p>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.</p>
	<p>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.</p>
	<p>Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.</p>
	<p>Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography.</p>