

SOUTH CLERMONT JANUARY 2024

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	7:00 AM		LES MILLS BODYPUMP Marcella (6:00)	Strength Development Lauren				
	8:00 AM	LES MILLS BODYCOMBAT Briona	LES MILLS CORE Kim/Brooke	LES MILLS tone Lauren	LES MILLS CORE Kim/Brooke			
	8:30 AM	LES MILLS BODYPUMP Brooke (9:00)	LES MILLS BODYCOMBAT Briona/Brooke	LES MILLS BODYPUMP Kim (9:00)	LES MILLS BODYCOMBAT Briona/Brooke		LES MILLS BODYSTEP Sthephan	
	9:30 AM	LES MILLS CORE Kim (10:00)	ZUMBA Lydia	LES MILLS CORE Kim (10:00)	ZUMBA Lydia	LES MILLS BODYBALANCE Stacy Dee	LES MILLS BODYPUMP Sthephan	LES MILLS BODYPUMP Marcella
	10:30 AM	ZUMBA Belkys	LES MILLS BODYPUMP Allison	ZUMBA gold Brooke	ZUMBA toning Brooke	LES MILLS BODYPUMP Stacy Dee	LES MILLS BODYCOMBAT Gerardo	LES MILLS BODYATTACK Hallie
	11:30 AM	Classic Silver Sneakers Becky	Circuit Silver Sneakers Allison	Yoga Silver Sneakers Megan	Circuit Silver Sneakers Allison	Classic Silver Sneakers Stacy Dee		
	5:30 PM							
	6:30 PM	LES MILLS BODYPUMP Mike	LES MILLS BODYCOMBAT Gerardo	LES MILLS BODYPUMP Kris	LES MILLS BODYSTEP Sthephan	ZUMBA Flo		
	7:30 PM	ZUMBA Rony	ZUMBA Faby	ZUMBA Lydia	LES MILLS CORE Sthephan			
STUDIO 2	7:30 AM							
	8:30 AM		TRX Kim		TRX Kim			
	9:30 AM	Yoga Deborah	Yoga Brooke	LES MILLS BODYBALANCE Erin	Yoga Briona		ZUMBA Alex	
	10:30 AM		LES MILLS BODYBALANCE Stacy Dee		LES MILLS BODYBALANCE Briona	Yoga Deborah	Yoga Anika	
	5:30 PM		Yoga Deborah	Yoga Anika				
	6:30 PM			ZUMBA kids Lydia	Kid's Hip Hop Lydia			
	7:30 PM	LES MILLS BODYATTACK Sthephan			ZUMBA Belkys			
CYCLE	8:00 AM	Bike Kim						
	10:30 AM		Bike Lydia	LES MILLS sprint Lauren (9:30)	LES MILLS RPM Robin	LES MILLS RPM Robin(9:30)		
	7:30 PM		Bike Tomika		Bike Lydia			
FITNESS CF SOUTH CLERMONT					Schedule Effective: January 2024 (Updated 1/17/24)			

SOUTH CLERMONT

CLUB HOURS

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

S. Clermont Group Fitness Manager:

Becky Evans

beckye@fitnesscf.com

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Clermont, FL

(352) 988-5463

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KIDDIE GYM HOURS

MON-FRI. AM

8:00-12:00

MON-THURS. PM

4:00-8:30

Saturday

8:00-NOON

Sunday

CLOSED

CLASS DESCRIPTIONS

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 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 and centered. The class is closely choreographed to contemporary music and will enhance your physical and mental well-being.

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 and may help prevent injury.

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 sprint

LES MILLS SPRINT is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike.

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.

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 12 x 45-minute progressive workouts.

LES MILLS BODYSTEP

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.

LES MILLS tone

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.

Yoga

Yoga unites breathing with movement as it develops strength, flexibility, balance and mental focus.

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.

ZUMBA toning

Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party.



CIRCL Mobility™ focuses on flexibility, breathwork, and mobility exercises.



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. It will change the way you view exercise and will take your workouts to a whole new level.



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.



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.



Kids hip hop class is a fast-paced and energetic dance style using the latest street/urban dance moves set to hip hop music. Hip hop encompasses a wide range of street styles. This class for young beginners specifically focuses on developing rhythm and coordination while encouraging individual style.

RHYTHM CYCLE



RHYTHM CYCLE is an entertaining ride at various speeds and resistance levels set to different beats and styles of music. The choreography is set to challenge you while having a good time going through various levels of resistance. It's a party on the bike!!