

SOUTH CLERMONT FEBRUARY 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	CEREMONY Lori	LesMILLS BODYPUMP Marcella (6:00)	Strength Development Lauren				
8:00 AM	LESMILLS BODYCOMBAT Briona	LESMILLS CORE Kim/Brooke	LESMILLS tone Lauren	LESMILLS CORE Kim/Brooke	LESMILLS CEREMONY Lori		
8:30 AM	LESMILLS BODYPUMP Brooke (9:00)	LESMILLS BODYCOMBAT Briona/Brooke	LESMILLS BODYPUMP Kim (9:00)	LESMILLS BODYCOMBAT Briona/Brooke		LESMILLS BODYSTEP Sthephan	
9:30 AM	LESMILLS CORE Kim (10:00)	ZUMBA Lydia	LESMILLS CORE Kim (10:00)	ZUMBA Alejandro	LESMILLS BODYBALANCE Stacy Dee	LESMILLS BODYPUMP Sthephan	LESMILLS BODYPUMP Marcella
10:30 AM	ZUMBA Belkys	LesMILLS BODYPUMP Allison	ZUMBA gold Brooke	ZUMBA toning Brooke	LesMILLS BODYPUMP Stacy Dee		LesMILLS BODYBALANCE Marcella
11:30 AM	Classic Silver Sneakers Jenny	Circuit Silver Sneakers Allison	Yoga Silver Sneakers Megan	Circuit Silver Sneakers Allison	Classic Silver Sneakers Stacy Dee		
5:30 PM		ZUMBA LIFT Lydia		LESMILLS BODYCOMBAT Gerardo			
6:30 PM	LesMILLS BODYPUMP Mike	LESMILLS BODYCOMBAT Gerardo	LesMILLS BODYPUMP Kris	LESMILLS BODYSTEP Sthephan	ZUMBA Flo		
7:30 PM	ZUMBA Jorge	ZUMBA Faby	ZUMBA Lydia	LESMILLS CORE Sthephan			
STUDIO 2	6:00 AM	LESMILLS PILATES Sam		LESMILLS PILATES Sam			
	8:30 AM		TRX Suspension Training Kim		TRX Suspension Training Kim		
	9:30 AM	Boga Deborah	LESMILLS PILATES Briona	LesMILLS BODYBALANCE Erin		ZUMBA Alex	
	10:30 AM		LESMILLS BODYBALANCE Stacy Dee	LESMILLS PILATES Briona	LesMILLS BODYBALANCE Briona	Boga Deborah	Boga Anika (11:00)
	5:30 PM		Boga Deborah	Boga Anika (5:00)			
	6:30 PM	LesMILLS BODYBALANCE Jorge	LESMILLS PILATES Myriam	ZUMBA kids Lydia	Kid's Hip Hop Lydia		
	7:30 PM	LesMILLS BODYATTACK Sthephan			ZUMBA Belkys		
CYCLE	8:00 AM	VELO Kim			VELO Sthephan (7:00)		
	10:30 AM		LESMILLS Sprint Lydia	LESMILLS Sprint Lauren (9:30)	VELO Kim		
	7:30 PM		VELO Lydia (6:30)		VELO Lydia		

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

1714 US HWY 27

Clermont, FL

(352) 988-5463
www.fitnesscfgyms.com

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

	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.
	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.
	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.
	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.
	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 is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike.
	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.
	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 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 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 unites breathing with movement as it develops strength, flexibility, balance and mental focus.
	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 combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party.
	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.
	Velocity is a high-energy spin class that combines the best pop and dance tracks with an immersive, party-like atmosphere that will keep you moving and motivated. With upbeat music, challenging sprints, and empowering climbs, you will power through an exhilarating workout!
	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 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!!