

# SOUTH CLERMONT JUNE 2026

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	7:00 AM	<b>LES MILLS CEREMONY</b> Lori	<b>LES MILLS BODYPUMP</b> Marcella (6:00)	Strength Development Lauren				
	8:00 AM	<b>LES MILLS BODYCOMBAT</b> Briona	<b>LES MILLS CORE</b> Kim/Brooke	<b>LES MILLS tone</b> Lauren	<b>LES MILLS CORE</b> Kim/Brooke	<b>LES MILLS CEREMONY</b> Lori		
	8:30 AM	<b>LES MILLS BODYPUMP</b> Brooke (9:00)	<b>LES MILLS BODYCOMBAT</b> Briona/Brooke	<b>LES MILLS BODYPUMP</b> Kim (9:00)	<b>LES MILLS BODYCOMBAT</b> Briona/Brooke		<b>LES MILLS BODYSTEP</b> Sthephan	
	9:30 AM	<b>LES MILLS CORE</b> Kim (10:00)	<b>ZUMBA</b> Lydia	<b>LES MILLS CORE</b> Kim (10:00)	<b>ZUMBA</b> Alejandro	<b>LES MILLS BODYBALANCE</b> Stacy Dee	<b>LES MILLS BODYPUMP</b> Sthephan	<b>LES MILLS BODYPUMP</b> Marcella
	10:30 AM	<b>ZUMBA</b> Belkys	<b>LES MILLS BODYPUMP</b> Allison	<b>ZUMBA gold</b> Brooke	<b>ZUMBA toning</b> Brooke	<b>LES MILLS BODYPUMP</b> Stacy Dee		<b>LES MILLS BODYBALANCE</b> Marcella
	11:30/12:30 AM	Classic Silver Sneakers Jenny	Circuit Silver Sneakers Allison	Yoga Silver Sneakers Megan(11:30/12:30)	Circuit Silver Sneakers Allison	Classic Silver Sneakers Stacy Dee		
	5:30 PM		<b>ZUMBA LIFT</b> Lydia	<b>ZUMBA Kids</b> Lydia	<b>LES MILLS BODYCOMBAT</b> Gerardo			
	6:30 PM	<b>LES MILLS BODYPUMP</b> Mike	<b>LES MILLS BODYCOMBAT</b> Gerardo	<b>LES MILLS BODYPUMP</b> Kris	<b>LES MILLS BODYSTEP</b> Sthephan	<b>ZUMBA</b> Flo		
	7:30 PM	<b>ZUMBA</b> Jorge	<b>ZUMBA</b> Lydia	<b>ZUMBA</b> Lydia	<b>LES MILLS CORE</b> Sthephan			
	STUDIO 2	6:00 AM	<b>PILATES</b> Sam		<b>PILATES</b> Sam			
8:30 AM			<b>TRX</b> Kim		<b>TRX</b> Kim			
9:30 AM		<b>Boga</b> Deborah	<b>PILATES</b> Briona	<b>LES MILLS BODYBALANCE</b> Erin	<b>PILATES</b> Briona		<b>ZUMBA</b> Alex	
10:30 AM			<b>LES MILLS BODYBALANCE</b> Stacy Dee	<b>PILATES</b> Briona	<b>LES MILLS BODYBALANCE</b> Briona	<b>Boga</b> Deborah	<b>Boga</b> Anika (11:00)	
5:30 PM			<b>Boga</b> Deborah	<b>Boga</b> Anika (5:00)				
6:30 PM		<b>LES MILLS BODYBALANCE</b> Jorge	<b>PILATES</b> Myriam	Kid's Hip Hop Lydia				
7:30 PM		<b>LES MILLS BODYATTACK</b> Sthephan			<b>ZUMBA</b> Belkys			
CYCLE		8:00 AM	<b>VELOCITY</b> Kim				<b>VELOCITY</b> Sthephan (7:00)	
	10:30 AM		<b>VELOCITY</b> Lydia	<b>LES MILLS sprint</b> Lauren (9:30)	<b>VELOCITY</b> Kim (9:30)			
	7:30 PM		<b>VELOCITY</b> Lydia (6:30)		<b>VELOCITY</b> 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

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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 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.

### 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.

### LES MILLS Shapes

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 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.

### TRX<sup>®</sup> Suspension Training<sup>®</sup>

**TRX Suspension Training<sup>®</sup>** 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.

### Classic SilverSneakers<sup>®</sup> 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.

### VELOCITY

**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 climes, you will power through an exhilarating workout!

### Kid's Hip Hop

**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!!