

SOUTH CLERMONT SEPTEMBER 2026

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	7:00 AM	BOOT CAMP Lori	LES MILLS BODYPUMP Marcella (6:00)	Strength Development Lauren				
	8:00 AM			tone Lauren		BOOT CAMP Lori		
	8:30 AM		LES MILLS BODYCOMBAT Brionna	LES MILLS BODYPUMP Briona (9:00)	LES MILLS BODYCOMBAT Briona		LES MILLS BODYSTEP Sthephan	
	9:30 AM	LES MILLS BODYPUMP Briona	ZUMBA Lydia	CORE Briona (10:00)	ZUMBA Alejandro	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		LES MILLS BODYPUMP Stacy Dee		LES MILLS BODYBALANCE 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		ZUMBA LIFT Lydia	ZUMBA kids Lydia	LES MILLS BODYCOMBAT Gerardo			
	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 Jorge	ZUMBA Lydia	ZUMBA Lydia	CORE Sthephan			
STUDIO 2	6:00 AM	PILATES Sam						
	8:30 AM	Jump & Jam Lydia (8:15) (9/14)	TRX Suspension Training® Kim		TRX Suspension Training® Kim			
	9:30 AM	Boja Deborah	PILATES Briona	LES MILLS BODYBALANCE Erin	PILATES Briona		ZUMBA Alex	
	10:30 AM		LES MILLS yoga YIN Stacy Dee		Jump & Jam Lydia (9/10)	Boja Deborah		
	5:00 PM		Boja Deborah					
	6:30 PM	LES MILLS BODYBALANCE Jorge	PILATES Myriam	Kid's Hip Hop Lydia	Jump & Jam Lydia (6:45)			
	7:30 PM	LES MILLS BODYATTACK Sthephan			ZUMBA Belkys			
CYCLE	8:00 AM					VELOCITY Sthephan (7:00)		
	10:30 AM		LES MILLS Lydia	sprint Lauren (9:30)				
	7:30 PM		LES MILLS Lydia (6:30)		LES MILLS Lydia			
FITNESS CF SOUTH CLERMONT					Schedule Effective: September 2026			



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

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.

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.

Jump & Jam

Jump & Jam is an exciting trampoline fitness class that combines bouncing, dance and high-energy music for a fun full-body workout! No boring workouts-just good music, great energy and lots of bouncing!!

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

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.

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!!

