

SOUTH CLERMONT OCTOBER 2026

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	7:00 AM	BOOT CAMP Lori	LES MILLS BODYPUMP Marcella (6:00am)	Strength Development Lauren				
	8:00 AM			tone Lauren				
	8:30 AM	Strength Development Lauri	LES MILLS BODYCOMBAT Briona	LES MILLS BODYPUMP Briona (9:00)	LES MILLS BODYCOMBAT Briona		LES MILLS BODYSTEP stnephan	
	9:30 AM	LES MILLS BODYPUMP Briona	ZUMBA Lydia	LES MILLS CORE Briona	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	Strength Development Lauri	LES MILLS BODYPUMP Stacy Dee		LES MILLS BODYBALANCE Marcella
	11:30 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	LES MILLS CORE Sthephan			
STUDIO 2	6:00 AM	PILATES Sam		Yoga Davic				
	8:30 AM	Jump & Jam Lydia (8:15)	TRX Suspension Training® Kim		TRX Suspension Training® Kim	BOOT CAMP lori (8:00)		
	9:30 AM	Yoga Deborah	PILATES Briona	LES MILLS BODYBALANCE Erin	PILATES Briona		ZUMBA Alex	
	10:30 AM		LES MILLS yoga Stacy Dee		Jump & Jam Lydia	Yoga Deborah		
	5:30 PM		Yoga Deborah					
	6:30 PM	LES MILLS BODYBALANCE Jorge	PILATES Myriam	KIDS HIP-HOP Lydia	Jump & Jam Lydia (6:45)			
	7:30 PM	LES MILLS BODYATTACK Sthephan			ZUMBA Belkys			
CYCLE	7:00 AM						VELOCITY Sthephan	
	9:30 AM	LES MILLS sprint Lauri	RHYTHM Lydia	LES MILLS sprint Lauren	LES MILLS sprint Lauri			
	6:30 PM		RHYTHM Lydia (7:30)		RHYTHM Lydia			



SOUTH CLERMONT

CLUB HOURS

Monday @ 4:30 am - Friday @11:00pm (24hrs)
Saturday 5:00am-9:00pm Sunday 5:00am-9:00pm

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.	8:00-12:00
Mon - Thurs.	4:00-8:30pm
Friday	4:00-8:00pm
Saturday	8:00-12pm
Sunday	CLOSED

CLASS DESCRIPTIONS



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.



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



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.



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.



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.



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



LES MILLS TONE combine cardio, strength 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.



Les Mills Body Step is a full-body cardio and muscle conditioning. With **BODYSTEP**, your fitness will increase and you tone your butt and legs.



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 multiple 45-minute progressive workouts.



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!



Jump & Jam is an exciting trampoline fitness class that combines bouncing, dance and high-energy music for a fun full-body workout.



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



Rhythm Cycle & Sculpt is an entertaining ride at various speeds and resistance levels set to different beats and styles of music.



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



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.



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.



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.

