Fitness CF

SOUTH CLERMONT NOVEMBER 2026

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	7:00 AM	BOOT CAMP Lori	LesMills BODYPUMP Marcella (6:00am)	Strength Development Lauren				
	8:00 AM			LesMills tone Lauren				
	8:30 AM	Strength Development Lauri	LesMills BODYCOMBAT Briona	LesMills BODYPUMP Briona (9:00)	LesMills BODYCOMBAT Briona		LesMills BODYSTEP Sthephan	
	9:30 AM	LesMills BODYPUMP Briona	ZUMBA Lydia	LesMills CORE Briona (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	Strength Development Lauri	LesMills BODYPUMP Stacy Dee		LesMills BODYBALANCE Marcella
	11:30 AM	Classic SilverSneakers FITNESS Jenny	Circuit SilverSneakers FITNESS Allison	Yoga SilverSneakers FITNESS Megan (11:30/12:30)	Circuit SilverSneakers FITNESS Allison	Classic SilverSneakers FITNESS Stacy Dee		
	5:30 PM		ZUMBA & LIFT Lydia	ZUMBA kids 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 Courtney	ZUMBA Lydia	LesMills CORE Sthephan			
STUDIO 2	6:00 AM	LesMills PILATES Sam		Boga Davic				
	8:30 AM	Jump & Jam Lydia (8:15)	TRX Suspension Training Kim		TRX Suspension Training Kim	BOOT CAMP Lori (8:30)		
	9:30 AM	Boga Deborah	LesMills PILATES Briona	LesMills BODYBALANCE Erin	LesMills PILATES Briona		ZUMBA Alex	
	10:30 AM		LesMills yoga Stacy Dee		Jump & Jam Lydia	Boga Deborah		
	5:30 PM		Boga Deborah					
	6:30 PM	LesMills BODYBALANCE Jorge	LesMills PILATES Myriam	KIDS HIP-HOP Lydia	Jump & Jam Lydia (6:45)			
	7:30 PM	LesMills BODYATTACK Sthephan	Jump & Jam Lydia		ZUMBA Belkys			
CYCLE	7:00 AM					VELOCITY Sthephan		
	9:30 AM	LesMills sprint Lauri	RHYTHM Lydia (10:30)	LesMills sprint Lauren	LesMills sprint Lauri			
	6:30 PM		RHYTHM Lydia		RHYTHM Lydia (7:30)			

FITNESS CF SOUTH CLERMONT

Schedule Effective: November 2026

South Clermont

CLUB HOURS		KIDDIE GYM HOURS	
Monday @ 4:30 am - Friday @11:00pm (24hrs) Saturday 5:00am-9:00pm Sunday 5:00am-9:00pm	**1714 US HWY 27 Clermont, FL**	Mon - Fri.	8:00-12:00
		Mon - Thurs.	4:00-8:30pm
		Friday	4:00-8:00pm
Group Fitness Manager: Becky Evans beckye@fitnesscf.com	(352) 988-5463 www.fitnesscfgyms.com	Saturday	8:00-12pm
		Sunday	CLOSED

CLASS DESCRIPTIONS

LesMills 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.
LesMills 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.
LesMills BODYBALANCE	**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.
LesMills 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.
LesMills 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.
LesMills 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.
LesMills sprint	**LES MILLS SPRINT** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.
LesMills tone	**LES MILLS TONE** combine cardio, strength and core training into one complete and convenient workdout. The multi-peak workout helps burn calories and build fitness and strength while improving energy levels, flexibility, balance, agility and core strength.
LesMills BODYSTEP	**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.
Strength Development LesMills	**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	**Velocity** is a high energy spin class that combines the best pop and dance tracks with an immersive, party-like atmosphere that willl keep you moving and motivated. With upbeat music, challenging sprints, and empowering climbs, you will power through an exhilerating workout!
Jump & Jam	***Jump & Jam*** is an exciting trampoline fitness class that combines bouncing, dance and high-energy music for a fun full-body workout.
Boga	**Yoga** unites breathing with movement as it develops strength, flexibility, balance and mental focus.
RHYTHM cycle · sculpt	**Rhythm Cycle & Sculpt** is an entertaining ride at various speeds and resistence levels set to different beats and styles of music.
KIDS 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. This class for young beginners specifically focuses on developing rhythm and coordination while encourging individual style.
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.
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.
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.