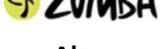


	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GGX STUDIO MORNINGS	5:30 AM	 Ricardo		 Ricardo	Yoga Ruth	Body Conditioning Suzanne		
	8:00 AM				Fit Barre (8:15) Shata	 May		
	8:30 AM	 Dee	 Angela/Ivoneth	Flex Jodi			 Tyler	
	9:00 AM				Rock Hard Abs (9:10) Barb	 (8:55) May/Jodi		Pilates Megan
	9:30 AM	 Angela/Ivoneth	 Jodi	 Dee	 Dee	 Stephanie/Jodi	Yoga Jodi/Jeana	
	10:30 AM	Pilates Fusion Joyce	Yoga Shata	 May	 Ivoneth	Yoga Shata	 Pasion	
	11:30 AM	 Setu	Chair Yoga Shata	 Ivoneth	Chair Yoga Shata	 Setu		
	12:30 PM				 Pasion			
GGX STUDIO EVENINGS	4:30 PM	 Anjanette	 (4:55) Jodi		Pilates Suzanne			
	5:30 PM	 Ricardo	 Ivoneth	 Jodi		 Alex		
	6:30 PM	Yoga Jeana	 Tyler	Yoga Jodi				
	7:30 PM	Strong by Zumba Angela/Heather	 Tyler	 Angela				
CYCLE STUDIO	6:00 AM		 (5:30) John					
	8:30 AM	 (8:00) Michelle	 Barb/Michelle	Cycle Michelle	Cycle (8:20) Barb	 (8:00) Michelle		
	9:30 AM	 (9:45am) Rebecca				 Ricardo	 Ricardo	
	10:30 AM			 Rebecca				
	5:30 PM	 (5pm) Ashton	Cycle Robin	 Ashton	Cycle Robin			
	6:30 PM	 Ricardo		 John/Ashton				



CLUB HOURS		18840 US HWY 441 Mt. Dora, FL 32757 (352)383-4278 fitnessscfgyms. com/mountdorafi	NEW KIDDIE GYM HOURS	
Monday 4:30a to Friday 11p			Monday-Sunday Mornings	8AM - 12pm
Saturday	6:00a - 8:00p		Monday and Wednesday Nights	3PM - 8:30PM
Sunday	6:00a - 8:00p		Tuesday, Thursday, Friday Nights	3PM - 8:00PM
Mt. Dora GM & Ast. Gm: ChristineS@fitnesscf.com LorenzoD@fitnesscf.com			No Weekend Evening Hours!!	

CLASS DESCRIPTIONS

SCULPTING CLASSES

CXWORX	CXWORX is a revolutionary 30-minute core training class that attacks the abs, glutes, back, obliques and "slings" connecting the upper and lower body. It tones muscles and helps prevent injury.
FLEX	Using balls, bars, bands and hand weights, this strength training class will tone and build your body.
Body Conditioning	Total body workout using free weights, body weight exercises and core exercises.
BODYPUMP	BODYPUMP is the original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

CARDIO CLASSES

RPM	Sprint is a 30 minute high intensity ride. Great way to get your Cardio fast! Come prepared to sweat! RPM is a high performance ride for all fitness levels. Pedal your way to great shape! Grab a ticket at the front desk and bring water!
BODYCOMBAT	BODYCOMBAT combines the moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kickboxing. It's a fierce energetic experience taught in a safe and simplistic manner. Designed to fight fat and kick calories, it's a great cardiovascular workout that's all out fun.
BODYSTEP	BODYSTEP is the energizing step workout that uses a height-adjustable step and simple movements on, over and around the step to sing-a-long music.

DANCE CLASSES

ZUMBA	Blast the pounds away with this Latin fusion dance class. Move to high energy music while you burn calories and improve the shape of your body!
ZUMBA gold	The Easy to follow program that lets you move to the beat at your own speed. Uses moderate low impact moves for active older adults and beginners.
STRONG	Strong By Zumba is a High Intensity Interval Training using your own body weight as resistance for a more athletic, conditioning-style workout

MIND/BODY CLASSES

Yoga	Yoga unites breathing with movement as it develops strength, flexibility, balance, mental focus and clarity.
Pilates	Lengthen, strengthen, and tone your body. This class introduces the teaching of Joseph Pilates in principles of concentration, breathing, alignment, coordination, centering, and balance.
BODYFLOW	BODYFLOW is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.
Chair Yoga	A gentle yoga class aimed at improving balance and increasing flexibility and range of motion. Traditional and modified yoga poses will be used to strengthen your mind and body. Participants will use a chair for support in seated and standing postures and learn simple yoga poses and breathing techniques. All levels welcome.

SILVER SNEAKERS CLASSES

Classic	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement & activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball offered for resistance. A chair is used for seated and/or standing support.
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