

MT. DORA SEPTEMBER 2021

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1 (AM)	8:30 AM	LES MILLS BODYCOMBAT Becky	ZUMBA Brittany	LES MILLS BODYPUMP Tracy	LES MILLS BODYCOMBAT Shannon	LES MILLS BODYFLOW Lisa	LES MILLS BODYPUMP Lisa	
	9:00 AM							
	9:30 AM	ZUMBA Angela	LES MILLS BODYPUMP Tracy	LES MILLS BODYCOMBAT Shannon	LES MILLS BODYPUMP Birdie	LES MILLS BODYSTEP Stephanie	ZUMBA Kari/Angela	
	10:00							
	10:30	BARRE Victoria	LES MILLS BODYFLOW Lisa	LES MILLS BODYFLOW Lisa		YOGALATES Tracy	Boya Stephanie	
	11:30	Classic Silver Sneakers FITNESS Victoria	Yoga Silver Sneakers FITNESS Lisa		Yoga Silver Sneakers FITNESS Lisa	Circuit Silver Sneakers FITNESS Tracy		
STUDIO 1 (PM)	4:30 PM	Boya Jeana						
	5:00 PM							
	5:30 PM	LES MILLS BODYPUMP Lisa	ZUMBA Stephanie	BARRE Victoria	LES MILLS BODYPUMP Kari	ZUMBA Alex M.		
	6:30 PM		POWER YOGA Victoria	Boya Victoria	ZUMBA Stephanie			
CYCLE	5:45 AM		Cycle Kristi		Cycle Kristi			
	8:00 AM	LES MILLS sprint Michelle		LES MILLS sprint Michelle		LES MILLS sprint Michelle		
	8:30 AM		LES MILLS RPM Lisa		LES MILLS RPM Lisa			
	9:30 AM	LES MILLS RPM Lisa		LES MILLS RPM Rebecca		Cycle Jeremy	Cycle Anjanette	
	5:30 PM	Cycle Anjanette	Cycle Jeremy	Cycle Anjanette				

MT. DORA

CLUB HOURS

Monday - Friday	4:30a-11:00p
Saturday	5:00a-9:00p
Sunday	5:00a-9:00p

**18840 US HWY 441
Mt. Dora, FL**

KIDDIE GYM HOURS

Monday - Friday AM	8:00 -12:00
Monday - Friday PM	4:00 - 8:00
Wednesday PM	3:00 - 8:00
Saturday	8:00 - 12:00
Sunday	CLOSED

Group Fitness Manager:

Becky Evans
beckye@fitnesscf.com

(352) 383- 4278

www.fitnesscfgyms.com

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.

BODYFLOW 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 and mental 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.

BODYSTEP is an energizing step workout that features cardio blocks to push fat-burning systems into high gear. These blocks are followed by muscle conditioning tracks that shape and tone your body.

SPRINT is a 30-minute high intensity interval training (HIIT) on the bike with fast results.

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.

Pedal your way to the best shape of your life by working out on high-performance stationary bikes. All fitness levels can participate - you control your ride.

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.

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

A modified Zumba class for active older adults that recreates the moves you love at a lower intensity with easy to follow Zumba choreography.

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.

YOGALATES

This class is a fusion of Yoga and Pilates. You will be taken on a mindful journey where the two disciplines blend, finishing up with meditation.

Take your workout to new lengths with Fit Barre, a fusion of ballet-inspired movements, sculpt training, cardio segments, core, and much more.

A fast-paced style of yoga focused on building strength and endurance while adding in mindfulness and breath work. Power yoga is more dynamic and active than meditative forms of yoga.