

MT. DORA JANUARY 2024

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1 (AM)	7:00 AM							
	8:30 AM	LES MILLS BODYCOMBAT Becky	ZUMBA Kari	LES MILLS BODYPUMP Birdie	TRX Suspension Training® Tracy	LES MILLS BODYBALANCE Lisa	LES MILLS BODYPUMP Lisa/Birdie	
	9:00 AM							ZUMBA Amanda
	9:30 AM	ZUMBA Angela	LES MILLS BODYPUMP CORE Tracy	ZUMBA Jen	Strength Development Tracy	ZUMBA Angela	ZUMBA Kari/Angela	
	10:00							
	10:30	LES MILLS Shapes Tracy	LES MILLS BODYBALANCE Lisa	LES MILLS BODYBALANCE Lisa	YOGALATES Tracy	LES MILLS CORE Tracy	Yoga Audrey	
	11:30	ZUMBA Angela	Silver Sneakers Lisa	BellyFit Lynda	Silver Sneakers Lisa	Silver Sneakers Lisa		
STUDIO 1 (PM)	4:30 PM	Yoga Jeana		Yoga Jeana				
	5:00 PM							
	5:30 PM	Creative Conditioning Astrid	ZUMBA Stephanie	BOOT CAMP Astrid	ZUMBA Stephanie			
	6:30 PM	ZUMBA Belitza	POWER YOGA Audrey	STRONG ZUMBA Stephanie	Yoga Audrey			
CYCLE	5:45 AM		Cycle Kristi		Cycle Kristi			
	8:00 AM	Cycle Kristi (30 min)		Cycle Kristi (30 min.)				
	8:30 AM				LES MILLS RPM Lisa			
	9:30 AM	LES MILLS RPM Lisa		LES MILLS RPM Rebecca			Cycle Anjanette	
	5:30 PM	Cycle Anjanette	LES MILLS RPM Kelly					
Fitness CF Mt. Dora					Schedule Effective: January 2024			



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
Mon. Tues. Thurs. Fri. 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

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

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 Strength Development

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 12 x 45-minute progressive workouts.

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 CORE

LES MILLS CORE is a revolutionary 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 Shapes

Build full-body strength, sculpt and shape muscles, improve posture. Low impact, high intensity. Pilates, barre, and power yoga set to modern beats.

SOLE

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.

Silver Sneakers

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

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

BOOT CAMP

BOOTCAMP is a fast, effective way to boost your fitness while working all your major muscle groups including your core, all while giving you a calorie burning cardio workout.

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.

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.

TRX[®] Suspension Training[®]

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.

POWER YOGA

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.

BellyFIT

BellyFIT by Lynda infuses cardio, belly, bricks, sticks, and core to shape and firm your body with fun choreography.

Creative Conditioning

Creative Conditioning is a mix of cardio/toning with various equipment and body weight, all while providing options/variations so you can take your workout to your own level

CHAIR ONE

Chair One Fitness is designed to be a fun, musically-driven, interactive, full body workout that uplifts people through dance and fitness moves (chair used for support).