

## MT. DORA JANUARY 2024

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 (AM)	7:00 AM							
	8:30 AM	LESMILLS BODYCOMBAT Becky	Sari	BODYPUMP Birdie	TRX Suspension Training® Tracy	LESMILLS BODYBALANCE Lisa	BODYPUMP Lisa/Birdie	
	9:00 AM							SAMBA Amanda
	9:30 AM	→ ZVMBA  Angela  Angela	BODYPUMP CORE Tracy	Sen ZVMBA	Strength Development Tracy	SANGELA ANGELA	→ ZVMBA  Kari/Angela	
STUDIO 1	10:00							
STL	10:30	LESMILLS Shapes Tracy	Lesmills BODYBALANCE Lisa	LESMILLS BODYBALANCE Lisa	YOGALATES  Tracy	CORE	<b>30</b> 9a Audrey	
	11:30	снацворы Olimba god Angela	Yoga SilverSneakers HITNESS Lisa	BellyFit Lynda	Yoga SilverSneakers FITNESS Lisa	Circuit SilverSneakers Lisa		
	4:30 PM	300 a Jeana		<b>J</b> eana				
1 (PM)	5:00 PM							
STUDIO 1 (PM)	5:30 PM	Creative Conditioning Astrid	Stephanie	BOOT CAIMP Astrid	Stephanie			
	6:30 PM	Selitza	POWER XOGA Audrey	STRONG 3 ZVMBA				
	5:45 AM		Olole Kristi	·	Olole Kristi			
	8:00 AM	Kristi (30 min)		Kristi (30 min.)				
	8:30 AM				RPM Lisa			
CYCLE	9:30 AM	RPM Lisa		LESMILLS RPM Rebecca			Olole Anjanette	
	5:30 PM	Anjanette	RPM Kelly					
		Fitness CF Mt. Dora			Schedule Effective: January 2024			



## MT. DORA

Saturday   S.00a-9:00p   Mrt. Dora, FL	CLUB HOURS			KIDDIE GYM HOURS					
Group Fitness Manager: Becky Evans beckye@fitnesscf.com  (352) 383-4278  Www.fitnesscfgyms.com  BODYCOMBAT  BODYBALANCE  BODYBALANCE  BODYPALANCE  BODYPALANCE  BODYPUMP  BODYBALANCE  BODYPUMP  BODYPALANCE  BODYPUMP  BODYPALANCE  BODYPUMP  BODYP				Monday - Friday AM	8:00 -12:00				
BOLYCOMBAT is a high-energy cardio class for all fitness levels. Moves from Kick Boxing, Tai Chi, Karate and Musy Thai combined with adrenaline-pumping music will increase your fat burning, strength and agility.  LESMILLS BODYBALANCE  BOUYBLANCE  BOUYBLANCE  BOUYBLANCE is a blend of yoga, Tai Chi and Pilates that leaves you feeling long, strong, centered and calm. The class is closely choreographed to avesome music, this is the original barbell class that challenges all of your muscle groups. BODYPUMP will change the shape of your body.  Strength Lesmill Strength Development will build muscle and improve technique. Aimed at those wanting to get stronger, LESMILLS strength Development is a sequence of 12 x 8-minute progressive workouts.  LESMILLS RPM is the indoor cyding workout where you ride to the rhythm of powerful music. Bikes are available on a first come first scree basis.  LESMILLS GRE is a revolutional 30-minute Les Mills Core training class that attacks the abs, glutes, back, obliques and "sings" connecting the upper and lower body. CORE tones core muscles.  LESMILLS GRE is a revolutional advance time the province of the pr	Sunday	5:00a-9:00p	•	Mon. Tues. Thurs. Fri. PM	4:00 - 8:00				
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