

# MT. DORA MAY 2024

|               | TIME    | MONDAY                               | TUESDAY                                        | WEDNESDAY                            | THURSDAY                                       | FRIDAY                                            | SATURDAY                                 | SUNDAY |
|---------------|---------|--------------------------------------|------------------------------------------------|--------------------------------------|------------------------------------------------|---------------------------------------------------|------------------------------------------|--------|
| STUDIO 1 (AM) | 7:00 AM |                                      |                                                |                                      |                                                |                                                   |                                          |        |
|               | 8:30 AM | <b>LES MILLS BODYCOMBAT</b><br>Becky | <b>ZUMBA</b><br>Kari/Amanda                    | <b>LES MILLS BODYPUMP</b><br>Birdie  | <b>TRX</b><br>Suspension Training<br>Tracy     | <b>LES MILLS BODYBALANCE</b><br>Lisa              | <b>LES MILLS BODYPUMP</b><br>Lisa/Birdie |        |
|               | 9:00 AM |                                      |                                                |                                      |                                                |                                                   |                                          |        |
|               | 9:30 AM | <b>ZUMBA</b><br>Angela               | <b>LES MILLS BODYPUMP CORE</b><br>Tracy        | <b>ZUMBA</b><br>Jen                  | <b>LES MILLS</b><br>Tracy                      | <b>ZUMBA</b><br>Angela                            | <b>ZUMBA</b><br>Kari/Angela              |        |
|               | 10:00   |                                      |                                                |                                      |                                                |                                                   |                                          |        |
|               | 10:30   | <b>LES MILLS Shapes</b><br>Tracy     | <b>LES MILLS BODYBALANCE</b><br>Lisa           | <b>LES MILLS BODYBALANCE</b><br>Lisa | YOGALATES<br>Tracy                             | <b>LES MILLS CORE</b><br>Tracy                    | <b>Böga</b><br>Audrey                    |        |
|               | 11:30   | <b>CHAIRONE ZUMBA gold</b><br>Angela | Yoga <b>Silver Sneakers</b><br>FITNESS<br>Lisa | <b>BellyFit</b><br>Lynda             | Yoga <b>Silver Sneakers</b><br>FITNESS<br>Lisa | Circuit <b>Silver Sneakers</b><br>FITNESS<br>Lisa |                                          |        |
| STUDIO 1 (PM) | 4:30 PM | <b>Böga</b><br>Jeana                 |                                                | <b>Böga</b><br>Jeana                 |                                                |                                                   |                                          |        |
|               | 5:00 PM |                                      |                                                |                                      |                                                |                                                   |                                          |        |
|               | 5:30 PM | Creative Conditioning<br>Astrid      | <b>ZUMBA</b><br>Stephanie                      | <b>BOOT CAMP</b><br>Astrid           | <b>ZUMBA</b><br>Stephanie                      |                                                   |                                          |        |
|               | 6:30 PM | <b>ZUMBA</b><br>Mallorie             | <b>POWER YOGA</b><br>Audrey                    | <b>STRONG ZUMBA</b><br>Stephanie     | <b>Böga</b><br>Audrey                          |                                                   |                                          |        |
| CYCLE         | 5:45 AM |                                      | <b>Ojo</b><br>Kristi (5/14)                    |                                      | <b>Ojo</b><br>Kristi (5/16)                    |                                                   |                                          |        |
|               | 8:00 AM |                                      |                                                |                                      |                                                |                                                   |                                          |        |
|               | 8:30 AM |                                      |                                                |                                      | <b>LES MILLS RPM</b><br>Lisa                   |                                                   |                                          |        |
|               | 9:30 AM | <b>LES MILLS RPM</b><br>Lisa         |                                                | <b>LES MILLS RPM</b><br>Rebecca      |                                                |                                                   | <b>Ojo</b><br>Anjanette                  |        |
|               | 5:30 PM | <b>Ojo</b><br>Anjanette              | <b>LES MILLS RPM</b><br>Kelly                  |                                      |                                                |                                                   |                                          |        |

# MT. DORA

## CLUB HOURS

## KIDDIE GYM HOURS

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

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

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 FUNCTIONAL STRENGTH

LES MILLS FUNCTIONAL STRENGTH is a series of full-body workouts that uses unique super sets of tempo-focused loaded compound moves with single-sided (unilateral) movements

### 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.

### Cycle

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.

### BOOTCAMP

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).