

MT. DORA MARCH 2026

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1 (AM)	7:00 AM	LES MILLS BODY PUMP Birdie (5:30)	Bōga Cristina					
	8:30 AM	LES MILLS BODYCOMBAT Becky	ZUMBA Mily	PILATES Brittany	TRX Suspension Training® Marcus	LES MILLS BODYBALANCE Lisa	LES MILLS BODY PUMP Brittany	
	9:00 AM							
	9:30 AM	ZUMBA Angela	LES MILLS BODY PUMP VIRTUAL	ZUMBA Jen	LES MILLS BODY PUMP Lisa	ZUMBA Angela	ZUMBA Mily/Angela	
	10:00							
	10:30	LES MILLS Shapes Becky	LES MILLS BODYBALANCE Lisa	LES MILLS BODY PUMP Brittany	Bōga Cristina	LES MILLS CORE VIRTUAL	Bōga Audrey	
	11:30	ZUMBA gold Angela	Yoga Silver Sneakers Lisa	BellyFit Lynda	Yoga Silver Sneakers Lisa	Circuit Silver Sneakers Lisa		
STUDIO 1 (PM)	4:30 PM	Bōga Jeana	TRX Suspension Training® Marcus	Bōga Jeana	TRX Suspension Training® Marcus			
	5:00 PM							
	5:30 PM	Creative Conditioning Astrid	ZUMBA Stephanie	BOOT CAMP Astrid	ZUMBA Stephanie			
	6:30 PM	ZUMBA Amanda	POWER YOGA Audrey	PILATES Astrid	Bōga Audrey			
CYCLE	5:45 AM		Siōle Kristi		Siōle Kristi			
	8:00 AM	Siōle Kristi	LES MILLS RPM Rebecca	Siōle Kristi				
	9:30 AM	LES MILLS RPM Lisa	LES MILLS RPM Lydia	LES MILLS RPM Lydia				
	5:30 PM				LES MILLS RPM Kelly			

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

	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.
	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.
	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.
Strength Development <small>LES MILLS</small>	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
	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 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.
	Build full-body strength, sculpt and shape muscles, improve posture. Low impact, high intensity. Pilates, barre, and power yoga set to modern beats.
	A 45-minute mind-body workout designed to improve strength, mobility and happiness.
	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.
	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.
	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.
	TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously.
	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 by Lynda infuses cardio, belly, bricks, sticks, and core to shape and firm your body with fun choreography.
Creative Conditioning	<i>Creative Conditioning</i> 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