

# MT. DORA JULY 2026

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

# MT. DORA

## CLUB HOURS

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

Group Fitness Manager:  
Becky Evans  
beckye@fitnesscf.com

18840 US HWY 441  
Mt. Dora, FL

(352) 383- 4278  
www.fitnesscfgyms.com

## 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

### 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 BODYPUMP HEAVY

BODYPUMP HEAVY is the weightlifting workout to develop your muscular endurance, performance and movement. With speed turned down and music turned up, every session focuses on progressive strength, pro-level technique and perfecting form, so you have the confidence to go after those gains

### 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.

### LES MILLS PILATES

A 45-minute mind-body workout designed to improve strength, mobility and happiness.

### CYCLING

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.

### 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