



MT. DORA JULY 2026

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

CELEBRITY 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