MT. DORA NOVEMBER 2026

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	7:00 AM		Boga Cristina					
	8:30 AM	LesMills BODYCOMBAT Becky	Zumba Mily	LesMills BODYPUMP Birdie	TRX Suspension Training Marcus	LesMills BODYBALANCE Lisa	LesMills BODYPUMP Gina/Astrid	
	9:30 AM	Zumba Angela	LesMills BODYPUMP VIRTUAL	Zumba Kayla	LesMills BODYPUMP Lisa	Zumba Angela	Zumba Mily/Angela	
	10:30 AM	LesMills Shapes Becky	LesMills BODYBALANCE Lisa	Boga Cristina	Boga Cristina	LesMills CORE VIRTUAL	Boga Audrey	
	11:30 AM	Zumba Gold Angela	Yoga SilverSneakers Fitness Lisa	BellyFit Lynda	Yoga SilverSneakers Fitness Lisa	Circuit SilverSneakers Fitness Lisa		
	4:30 PM	Boga Jeana	TRX Suspension Training Marcus	Boga Jeana	TRX Suspension Training Marcus			
	5:30 PM	*Creatve Conditioning* Astrid	Zumba Stephanie	BOOT CAMP Astrid	Zumba Stephanie	LesMills BODYPUMP HEAVY Gina		
	6:30 PM	Pilates Astrid	POWER YOGA Audrey	Pilates Astrid	Boga Audrey	Pilates Caroline		
CYCLE	5:45 AM		Cycling Kristi		Cycling Kristi			
	8:00 AM	Cycling VIRTUAL		Cycling VIRTUAL				
	9:30 AM	LesMills RPM Rebecca	LesMills RPM Lydia	LesMills RPM Lydia			Cycling Rebecca	
	6:30 PM							

Schedule Effective: November 2026

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

Group Fitness Manager:
Becky Evans
beckye@fitnesscf.com

(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	3:30-8:00
Saturday	8:00- 12:00
Sunday	CLOSED

LesMills BODYPUMP HEAVY	**BODY PUMP HEAVY** weightlifting workout to develop your musesscular endurance, performance, and movement. With speed turned down and music turned up, every session focuses on progressive strength, pro-level technique and perfecting form.
LesMills 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.
LesMills 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.
LesMills 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.
LesMills RPM	**RPM** is the indoor cycling workout where you ride to the rhythm of powerful music
LesMills Shapes	Build full body strength sculpt and shape myscles, improve posture. Low impact, high intensity. Pilates, barre, and power yoga set to modern beats.
LesMills CORE	**CORE** is a scientific 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.
BOOT CAMP	A **bootcamp** workout is a high-intensity, full-body fitness class that combines strength and cardiovascular training, using exercises like squats, push-ups, and lunges.
PILATES	Pilates is a form of exercise that focuses on strengthening and improving the body's core muscles, flexibility, and posture
SilverSneakers	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.
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.
Yoga	**Yoga** unites breathing with movement as it develops strength, flexibility, balance, mental focus and clarity.
TRX Suspension Training	**TRX** is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability.
Belly Fit	**Belly FIT by Lynda** infuses cardio, belly, bricks, sticks, and core to shape and firm your body with fun choreography.
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.
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.
POWER YOGA	A fast paced style of yoga focused on building strength and endurance while adding in mindfulness and breath work.