

ORLANDO SEPTEMBER 2022

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	9:00 AM		LES MILLS CORE Karen		LES MILLS CORE Carmen		LES MILLS BODYCOMBAT Carmen	
	9:30 AM	LES MILLS BODYCOMBAT Nelson	LES MILLS BODYATTACK Anna Maria	LES MILLS BODYPUMP Anna Maria	LES MILLS BODYCOMBAT Carmen	LES MILLS BODYPUMP Shirley		LES MILLS barre Carmen
	10:00 AM						LES MILLS BODYPUMP Carmen	LES MILLS BODYBALANCE Carmen
	10:30 AM	LES MILLS BODYPUMP Jeff	LES MILLS BODYPUMP Virtual	LES MILLS BODYBALANCE Anna Maria	LES MILLS BODYPUMP Virtual			LES MILLS BODYPUMP Justin
	11:00 AM							
	11:30 AM		Yoga SilverSneakers FITNESS Karen	HEALTHWAYS SilverSneakers FITNESS Classic Karen	Circuit SilverSneakers FITNESS Karen			
	5:00 PM							
	5:30 PM	LES MILLS BODYPUMP Anna Maria	LES MILLS BODYSTEP Sthephan	20/20/20 Sergio	LES MILLS BODYCOMBAT Justin			
	6:30 PM	LES MILLS BODYCOMBAT Anna Maria	LES MILLS BODYPUMP Sthephan	LES MILLS BODYATTACK Anna Maria	LES MILLS BODYPUMP Justin			
	7:30 PM							
STUDIO 2	9:30 AM	ZUMBA Neysha	ZUMBA Albert	ZUMBA Alex		ZUMBA Alex		
	10:30 AM	Boja Trisha	Pilates Karen	Boja Shirley	Pilates Karen	Boja Trisha	Boja Katie	
	12:00 PM							
	5:30 PM	Boja Katie		Boja Katie				
	6:30 PM	ZUMBA Alejandro	ZUMBA Ryan	ZUMBA Albert	ZUMBA Kim			
	7:30 PM							
	9:30 AM			Siole Shirley			Siole Katie (9:00)	
5:30 PM		LES MILLS RPM Alison						
6:30 PM	Siole Katie		Siole Katie					

ORLANDO

CLUB HOURS

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

Group Fitness Manager:
 Becky Evans
 beckye@fitnesscf.com

7733 Turkey Lake Road
 Orlando, FL

(407) 226-9996
 www.fitnesscfgyms.com

KIDDIE GYM HOURS

Monday - Friday AM 8:00a - 12:00p

Monday - Friday PM 4:00p - 8:00p

Saturday 8:00a - 12:00p

Sunday CLOSED

CLASS DESCRIPTIONS



BODYATTACK is a fully optioned, high-intensity class with sports training move-to-music for cardiovascular fitness and stamina, along with upper and lower body conditioning exercises for building strength.



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.



BODYSTEP is an energizing step workout that features cardio blocks to push fat-burning systems into high gear. These blocks are followed by muscle conditioning tracks that shape and tone your body.



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 and may help prevent injury.



LES MILLS BARRE™ is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength. LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.



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.



Turn Up workouts are intense, fun, and life-changing, incorporating HIIT (high intensity interval training), strength training, and dance! You will be challenged, but you will embrace it as you step outside your comfort zone with the turn up squad... you will step into your girl power like never before!!



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.

20/20/20 Action

20/20/20 Action is a full body targeted class that improves (strength, speed, coordination, resistance and flexibility) towards 3 different 20min activity per class.



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.

Pilates

Lengthen, strengthen and tone your body. This class introduces the principles of concentration, breathing, alignment coordination, centering, and balance.



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.