

# ORLANDO APRIL 2024

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	9:00 AM		<small>LES MILLS</small> <b>CORE</b> Karen		<small>LES MILLS</small> <b>CORE</b> Carmen		<small>LES MILLS</small> <b>BODYCOMBAT</b> Carmen	<small>LES MILLS</small> <b>BODYATTACK</b> Larissa (30 min.)
	9:30 AM	<small>LES MILLS</small> <b>BODYCOMBAT</b> Nelson	<small>LES MILLS</small> <b>BODYATTACK</b> Anna Maria	<small>LES MILLS</small> <b>BODYPUMP</b> Anna Maria	<small>LES MILLS</small> <b>BODYCOMBAT</b> Carmen	<small>LES MILLS</small> <b>BODYPUMP</b> Shirley		<small>LES MILLS</small> <b>BODYBALANCE</b> Carmen
	10:00 AM						<small>LES MILLS</small> <b>BODYPUMP</b> Carmen	
	10:30 AM	<small>LES MILLS</small> <b>BODYPUMP</b> Jeff		<small>LES MILLS</small> <b>BODYBALANCE</b> Anna Maria		<small>LES MILLS</small> <b>CORE</b> Shirley		<small>LES MILLS</small> <b>BODYPUMP</b> Justin
	11:30 AM		<small>Yoga</small> <small>Silver Sneakers</small> FITNESS Karen	<small>HEALTHWAYS</small> <small>Silver Sneakers</small> FITNESS Classic Karen	<small>Circuit</small> <small>Silver Sneakers</small> FITNESS Karen	<small>LES MILLS</small> <b>BODYCOMBAT</b> Shirley (11:00)		
	5:30 PM	<small>LES MILLS</small> <b>BODYPUMP</b> Anna Maria	<small>LES MILLS</small> <b>BODYSTEP</b> Sthephan(5:45)	20/20/20 Sergio	<small>LES MILLS</small> <b>BODYCOMBAT</b> Justin			
	6:30 PM	<small>LES MILLS</small> <b>BODYCOMBAT</b> Anna Maria	<small>LES MILLS</small> <b>BODYPUMP</b> Sthephan	<small>LES MILLS</small> <b>BODYATTACK</b> Anna Maria	<small>LES MILLS</small> <b>BODYPUMP</b> Justin			
	7:30 PM							
STUDIO 2	8:30 AM							
	9:30 AM	<b>ZUMBA</b> Evelyn	<b>ZUMBA</b> Albert	<b>ZUMBA</b> Alex	<b>TURN UP</b> Angela	<b>ZUMBA</b> Alex		
	10:30 AM	<b>Booga</b> Trisha	Pilates Karen	<b>Booga</b> Shirley	Pilates Karen	<b>Booga</b> Trisha	<b>Booga</b> Katie	
	5:30 PM	<b>Booga</b> Katie		<b>Booga</b> Katie				
	6:30 PM	<b>ZUMBA</b> Alejandro			<b>TURN UP</b> Kim			
CYCLE	6:00 AM	<small>LES MILLS</small> <b>sprint</b> Alison		<small>LES MILLS</small> <b>sprint</b> Alison				
	9:00 AM			<b>Sole</b> Shirley			<b>Sole</b> Katie	
	5:30 PM		<small>LES MILLS</small> <b>RPM</b> Alison					
	6:30 PM	<b>Sole</b> Katie		<b>Sole</b> Katie				

# ORLANDO

## CLUB HOURS

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

7733 Turkey Lake Road  
 Orlando, FL

## KIDDIE GYM HOURS

Monday - Friday AM

8:00a - 12:00p

Monday - Friday PM

4:00p - 8:00p

Saturday

8:00a - 12:00p

Sunday

CLOSED

Group Fitness Manager:  
 Becky Evans  
 beckye@fitnesscf.com

(407) 226-9996  
 www.fitnesscfgyms.com

## CLASS DESCRIPTIONS

### LES MILLS BODYATTACK

**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.

### 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 BODYSTEP

**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.

### LES MILLS CORE

**CORE** is a revolutional 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 sprint

**LES MILLS SPRINT** is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.

### 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.

### Strength Development

**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.

### TURN UP

**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!!

### Stole

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

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

### HEALTHWAYS SilverSneakers FITNESS

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.

### Pilates

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

### 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.