

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STUDIO 1 (SMALL ROOM)	9:00 AM	<b>LES MILLS CXWORX</b> Carmen		<b>LES MILLS CXWORX</b> Carmen		Ab Attack Kathy S.	<b>STRONG</b> by ZUMBA Delicia
	9:30 AM	<b>XCO</b> LATIN WORKOUT by Josie Yanira	<b>LES MILLS BODYSTEP</b> Kathy S.	<b>LES MILLS BODYCOMBAT</b> Carmen	Cardio Box Susie	<b>LES MILLS BODYSTEP</b> Kathy S.	
	10:30 AM	<b>LES MILLS BODYFLOW</b> Susie	Yoga Trisha	<b>LES MILLS BODYFLOW</b> Carmen	Core 30 Susie	<b>LES MILLS BODYFLOW</b> Millie	Yoga Trisha
	11:00 AM				Yoga Susie		
	4:30 PM		Ab Attack Kathy S.				
	5:00 PM		<b>LES MILLS BODYSTEP</b> Kathy S.	Yogates Susie			
	6:00 PM	<b>LES MILLS BODYFLOW</b> Sue Ann	<b>LES MILLS CXWORX</b> Sue Ann		<b>STRONG</b> by ZUMBA Gina		
	7:00 PM		<b>LES MILLS BODYFLOW</b> Susie				
STUDIO 2 (LARGE ROOM)	8:30 AM					<b>XCO</b> LATIN WORKOUT JT by Josie 4 Yanira	<b>LES MILLS BODYSTEP</b> Bonnie
	9:30 AM	<b>LES MILLS BODYPUMP</b> Kathy S.	<b>LES MILLS BODYPUMP</b> Carmen (9:15)	<b>ZUMBA</b> Yanira	<b>ZUMBA</b> Marixa	<b>ZUMBA</b> Yanira	<b>LES MILLS BODYPUMP</b> Bonnie (9:00)
	10:30 AM	<b>ZUMBA</b> Marixa	Cardio Circuit <b>The Silver Sneakers</b> Fitness Program Cathy N.	<b>LES MILLS BODYPUMP</b> Millie	Cardio Circuit <b>The Silver Sneakers</b> Fitness Program Cathy N.	<b>LES MILLS BODYPUMP</b> Kathy S.	<b>LES MILLS BODYCOMBAT</b> Nelson (10:00)
	11:30 AM	Cardio Circuit <b>The Silver Sneakers</b> Fitness Program Kathy S.	Yoga Stretch <b>The Silver Sneakers</b> Fitness Program Cathy N.	Muscular Strength <b>The Silver Sneakers</b> Fitness Program Charles (11:45)	Yoga Stretch <b>The Silver Sneakers</b> Fitness Program Cathy N.	Muscular Strength <b>The Silver Sneakers</b> Fitness Program Yanira	
	5:00 PM	<b>LES MILLS BODYPUMP</b> Staff					
	6:00 PM	<b>ZUMBA</b> Jennifer	<b>LES MILLS BODYPUMP</b> Kathy S.	<b>ZUMBA</b> Delicia	<b>LES MILLS BODYPUMP</b> Sergio	<b>ZUMBA</b> Yanira	
	7:00 PM	<b>LES MILLS BODYCOMBAT</b> Bonnie	<b>STRONG</b> by ZUMBA Delicia/Gina		<b>ZUMBA</b> Alejandro		
CYCLE STUDIO	5:45 AM	Cycle Lee		Cycle Lee		Cycle Lee	
	9:30 AM	<b>LES MILLS sprint</b> Carmen	Cycle Susie	Cycle Courtney	<b>LES MILLS RPM</b> Peter	Cycle Susie	Cycle Susie Ex. (8:30)
	6:00 PM	<b>LES MILLS RPM</b> Cathy N.	<b>LES MILLS sprint</b> Sue Ann (6:30)	Cycle Jessica	Cycle Jessica (7:00)	Cycle Courtney	



CLUB HOURS		<b>St. Cloud</b> <b>4049 13th Street</b> <b>St. Cloud, FL</b>  <b>(407) 957-2622</b>	KIDDIE GYM HOURS	
Monday (4:30a) - Friday (11p)	Open 24 hours		M, Th & Fri	8:30a - 12 noon
Saturday	6:00a - 8:00p		Tuesday	8:00a - 12 noon
Sunday	6:00a - 8:00p		Wednesday	8:30a - 12:45p
<b>Group Fitness Manager:</b> Carmen Larreal CarmenL@FitnessCF.com			Wed & Fri	3:00p - 8:00p
		M, Tu, & Th	3:00p - 8:15p	
		Saturday	8:15a - 12 noon	
		Sunday	Closed	

### CLASS DESCRIPTIONS

SCULPTING CLASSES	
<b>Ab Attack</b>	30 minutes of intense core work. Designed to strengthen and tone your mid-section.
<b>Core 30</b>	This class will tone and tighten your midsection using various pieces of equipment.
<b>LES MILLS CXWORX</b>	Exercising muscles around the core, CXWORX™ provides the vital ingredient for a stronger body. All the moves in CXWORX have options, so it's challenging but achievable for your own level of fitness. During the 30-minute workout trained instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches, and hovers. You will also get into some hip, butt and lower back exercises.
<b>LES MILLS BODYPUMP</b>	BODYPUMP™ is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 540 calories. Instructors will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.
CARDIO CLASSES	
<b>Cardio Box</b>	This class will “kick your butt” with the fundamentals of boxing combined with a high-energy cardio workout.
<b>Cycle/ LES MILLS RPM</b>	RPM™ is a group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 675 calories a session. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.
<b>LES MILLS BODYCOMBAT</b>	BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.
<b>LES MILLS BODYSTEP</b>	Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs. Our bubbly and approachable instructors coach you through the workout. We play invigorating, hit music and inject a whole lot of fun and personality along the way. You can burn up to 620 calories and you'll leave buzzing with satisfaction.
<b>LES MILLS sprint</b>	LES MILLS SPRINT is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a LES MILLS SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort. The payoff? You smash your fitness goals, fast.
COMBINATION CLASSES	
<b>ZUMBA</b>	Blast the pounds away with this Latin fusion dance class. Move to high energy music while you burn calories and improve the shape of your body!
<b>STRONG by ZUMBA</b>	<b>STRONG</b> by Zumba combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.
<b>XCO LATIN WORKOUT by Jockie</b>	The Xco Latin Workout mixes Latin rhythms and athletic movements using XCO-TRAINER Studio Sets. The result: the most extraordinary, intense and dynamic workout in the market designed to work your entire body with special emphasis to your core and arms.
MIND/BODY CLASSES	
<b>Yogates</b>	This class combines the poses of yoga with the pilates work for the core. Put together to give you the best of both worlds.
<b>LES MILLS BODYFLOW</b>	Ideal for anyone and everyone, BODYFLOW® is the yoga-based class that will improve your mind, your body and your life. During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.
SILVER SNEAKERS CLASSES	
<b>Silver Sneakers Fitness Program</b>	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.