

ST. CLOUD SEPTEMBER 2021

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1 (SMALL ROOM)	8:30 AM					Yanira		
	9:30 AM	Yanira		Carmen	Cardio Box Susie	Yanira	Vicki (9:00)	
	10:30 AM	Susie	Trisha	Monica	Core 30 Susie	Susie	Trisha	
	11:00 AM				Susie			
	5:00 PM							
	6:00 PM	Susie	Delicia	Sue Ann	Gina			
	7:00 PM		Susie	Alejandro	Delicia			
STUDIO 2 (LARGE ROOM)	9:00 AM		Ab. Attack Kathy S.			Ab. Attack Kathy S.	Bonnie	
	9:30 AM	Kathy S.	Kathy S.	Yanira	Marixa	Kathy S.		
	10:30 AM	Marixa	Cathy N.	Carmen	Cathy N.	Kathy S.		
	11:30 AM	Kathy S.	Cathy N.	Becky	Cathy N.	Yanira		
	5:00 PM		Kathy S.					
	6:00 PM	Jennifer	Kathy S.		Sergio	Lymari		
	7:00 PM	Bonnie	Jessie	Gerardo	Kiara			
CYCLE	5:45 AM	Ricardo	MaryEmma	Ricardo				
	9:30 AM		Susie	Cathy	Peter	Susie	Susie	
	6:00 PM	Jessica		Jessica				

ST. CLOUD

CLUB HOURS

Monday - Friday	4:00a-11:00p
Saturday	5:00a- 9:00p
Sunday	5:00a- 9:00p

**4049 13th Street
St. Cloud, FL**

KIDDIE GYM HOURS

Monday - Friday	8:00 -12:00
Monday - Friday	4:00 PM 8:00 PM
Saturday	8:00- 12:00
Sunday	CLOSED

Group Fitness Manager:
Becky Evans
beckye@fitnesscf.com

**(407) 957 - 2622
www.fitnesscfgyms.com**

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.

BODYFLOW 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.

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.

SPRINT is a 30-minute high intensity interval training (HIIT) on the bike with fast results.

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.

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 unites breathing with movement as it develops strength, flexibility, balance, mental focus and clarity.

Ab Attack

Ab Attack is a 30 minute class which targets and strengthens the abdominal and core area. The class is intense and focuses on attacking the stomach, obliques(sides) and the lower back. The short, but effective class is the key to maximum abdominal development;

Core 30

Core 30 class that attacks the abs, glutes, back, obliques and "slings" connecting the upper and lower body. Core 30 tones core muscles and may help prevent injury.

Cardio Box

Enjoy great music and movement (all decades and genres) of boxing, kicking, dancing and movement into improved fitness with this fun high/low, cardio, agility, and interval training class.

STRONG combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

The XCO LATIN WORKOUT mixes latin rhythms and athletic movements using intelligent physic tools. The result: It is the most extraordinary, intense and dynamic workout in the market designed to work your entire body with special emphasis to your core and arms.

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.