

ST. CLOUD MARCH 2023

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1 (SMALL ROOM)	8:30 AM			LES MILLS CORE Carmen (9:00)				
	9:30 AM	 Cassity	 Leo	LES MILLS BODYATTACK Carmen	HIGH fitness Cassity	 Jen W.	STRONG NATION Lymari (9:00)	
	10:30 AM	LES MILLS BODYBALANCE Amy	 Trisha	 Amy	 Skylar	LES MILLS BODYBALANCE Susie	 Trisha	
	11:30 AM				 Susie			
	5:00 PM							
	6:00 PM	<i>Creative Conditioning</i> Brenda	LES MILLS BODYBALANCE Delicia	LES MILLS CORE Sue Ann	 Sharon			
	7:00 PM			LES MILLS BODYBALANCE Sue Ann (6:30)	 Kiara			
STUDIO 2 (LARGE ROOM)	9:00 AM		Ab. Attack Kathy S.			Ab. Attack Kathy S.	LES MILLS BODYPUMP Bonnie	
	9:30 AM	LES MILLS BODYPUMP Kathy S.	LES MILLS BODYSTEP Kathy S.	 Jen W.	 Marixa	LES MILLS BODYSTEP Kathy S.		
	10:30 AM	 Marixa	Circuit Kathy S.	LES MILLS BODYPUMP Carmen	Circuit Susie	LES MILLS BODYPUMP Kathy S.	 Lymari (10:00)	
	11:30 AM	Circuit Kathy S.	Yoga Kathy S.	Classic Becky	Yoga Cathy	Circuit Jen. W		
	5:00 PM		LES MILLS BODYSTEP Kathy S.					
	6:00 PM	 Jennifer	LES MILLS BODYPUMP Kathy S.	 Cassity				
	7:00 PM	LES MILLS BODYCOMBAT Bonnie	 Jennifer	 Alejandro				
CYCLE	5:45 AM	 Andi		 Andi				
	9:30 AM		 Susie		 Susie	 Susie	 Emily	
	6:30 PM	 Jessica		 Jessica				

ST. CLOUD

CLUB HOURS

Monday - Friday (24 HRS beg. 9/5)	4:30a-11:00p
Saturday	5:00a- 9:00p
Sunday	5:00a- 9:00p

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

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

Group Fitness Manager:
Becky Evans
beckye@fitnesscf.com

KIDDIE GYM HOURS

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

	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 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.
	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.
	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.
	Surge Strength is a high-rep, targeted weight training workout that will leave you feeling lean and strong! Muscle focused, high repetition strength training tracks, using dumbbells and your own bodyweight will strengthen, shape and tone your every muscle in your body.
	HIGH Fitness is high intensity plyometrics and toning mixed with easy to follow choreography.
	SURGE FIT is the energizing HIIT workout that will get you results fast! High intensity cardio tracks that push fat burning systems into high gear are intertwined with high-rep strength training tracks that shape and tone your body for maximum results.
	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.