

ST. CLOUD MARCH 2024

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1 (SMALL ROOM)	6:00 AM		Anika		Anika			
	8:30 AM			Carmen (9:00)				
	9:30 AM	Cassity	Kiara (9:00)	Carmen	Cassity	Jen W.	Jessica	
	10:30 AM	Amy	Trisha	Amy	Skylar	Susie	Trisha	Sharon
	11:30 AM	Amy	DeLisa		Susie			
	5:30 PM			Ab. Attack Susie				
	6:00 PM	Jennifer		Susie	Sharon			
	7:00 PM				Kiara			
STUDIO 2 (LARGE ROOM)	9:00 AM		Ab. Attack Kathy S.			Ab. Attack Kathy S.	Bonnie	
	9:30 AM	Kathy S.	Kathy S.	Jen W.	Marixa	Kathy S.		
	10:30 AM	Marixa	Kathy S.	Carmen	Susie	Kathy S.	Lymari (10:00)	
	11:30 AM	Kathy S.	Kathy S.	Becky	DeLisa	Jen. W		
	5:00 PM							
	6:00 PM	Brittany	Angel	Cassity	Derrick			
	7:00 PM	Bonnie	Jennifer	Alejandro				
CYCLE	9:30 AM		Susie		Susie	Susie		
	6:30 PM	Clay (6:45)	Rosanna	Rosanna	Jessica			

Schedule Effective: March 2024

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

Group Fitness Manager:

Becky Evans
beckye@fitnesscf.com

4049 13th Street
St. Cloud, FL

(407) 957 - 2622
www.fitnesscfgyms.com

KIDDIE GYM HOURS

Monday - Friday AM

8:00 -12:30

Monday - Friday PM

4:00-8:00

Saturday

8:00- 12:00

Sunday

CLOSED

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 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.

SilverSneakers

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.

Sole

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

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

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

HIGH Fitness is high intensity plyometrics and toning mixed with easy to follow choreography.

SURGE
FIT

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.

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.

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.

CHAIR CHI

Chair Chi consists of making slow, graceful movements while breathing deeply. It's relatively easy to follow because the movements are done so slowly. This class is great for strengthening, balance, firming, and various mobilities for all ages and fitness levels. A chair can be used if needed, however most of the class is done standing.