

ST. CLOUD DECEMBER 2025

		TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1 (SMALL ROOM)		6:00 AM			Sharon				
		8:30 AM			Carmen (9:00)				
		9:30 AM	Cloud	Clevia	Carmen	Cloud	Jen W.		
		10:30 AM	Carissa	Trisha	Carissa	Cloud	Micaela	Trisha	Sharon
		11:30 AM		DeLisa		Micaela			
		5:30 PM							
		6:00 PM	Jennifer	Cloud	Sharon	Sharon			
		7:00 PM	Anthony	Cloud		Kiara			
STUDIO 2 (LARGE ROOM)		6:00 AM	Ana G.		Ana G.				
		9:00 AM	Kathy S. (8:30)	Ab. Attack Kathy S.		Cloud (8:30)	Ab. Attack Kathy S.	Bonnie	
		9:30 AM	Kathy S.	Kathy S.	Jen W.	Marixa	Kathy S.		Kirsten
		10:30 AM	Marixa	Kathy S.	Carmen	Susie	Kathy S.	Clevia (10:00)	
		11:30 AM	Cloud	Kathy S.	Becky	Cloud	Jen. W.		
		6:00 PM	Shari	Kirsten	Ana G.	Derrick			
		7:00 PM	Bonnie	Jennifer	Rony	Ana G.			
		5:30 AM		Ana		Ana			
CYCLE		9:30 AM	Julie Lynn	Susie		Susie	Susie	Bonnie (10:15)	
		6:30 PM	Ana	Jessica	Rosanna	Jessica			



ST. CLOUD

CLUB HOURS

Monday - Friday (24 HRS)

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

4:00-8:30

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.

**BOOT
CAMP**

A **bootcamp** workout is a high-intensity, full-body fitness class that combines strength and cardiovascular training, using exercises like squats, push-ups, and lunges.

**LES MILLS
CEREMONY**

Les Mills CEREMONY is a 45 minute functional training class that combines cardio and strength for a complete full body workout.

**LES MILLS
Shapes**

Build full-body strength, sculpt and shape muscles, improve posture. Low impact, high intensity. Pilates, barre, and power yoga set to modern beats.

PILATES

Pilates is a form of exercise that focuses on strengthening and improving the body's core muscles, flexibility, and posture

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.

Biole

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.

STRETCH ZONE

Stretch Zone focuses on flexibility, breathwork, and mobility exercises.

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.

**Yoga
SilverSneakers
FITNESS**

Silver Sneakers Yoga will move your whole body through a complete series of seated and stading yoga poses. Chair support is offered to safely perform a variety of exercises.