

ST. CLOUD MARCH 2026

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1 (SMALL ROOM)	6:00 AM			Sharon				
	8:30 AM			LES MILLS CORE Carmen (9:00)		LIFT Clevia		
	9:30 AM	LES MILLS Shapes Cloud	Clevia	LES MILLS BODYATTACK Carmen	LES MILLS Shapes Cloud	Jen W.		
	10:30 AM	Carissa	Trisha	Carissa	STRETCH ZONE Cloud	LES MILLS BODYBALANCE Cloud	Trisha	Sharon
	11:30 AM		toning DeLisa					
	5:00 PM							
	6:00 PM	Jennifer	LES MILLS Shapes Cloud	Sharon	Sharon			
	7:00 PM	Anthony	Cloud		Kiara			
STUDIO 2 (LARGE ROOM)	6:00 AM	BOOT CAMP Ana G.	LES MILLS CEREMONY Kirsten	BOOT CAMP Ana G.				
	9:00 AM	Kathy S. (8:30)	Ab. Attack Kathy S.		Cloud (8:30)	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.		LES MILLS CEREMONY Kirsten
	10:30 AM	Marixa	Kathy S.	LES MILLS BODYPUMP Carmen	Susie	LES MILLS BODYPUMP Kathy S.	Clevia (10:00)	
	11:30 AM	Cloud	Kathy S.	Becky	Cloud	Cloud		
	6:00 PM	LES MILLS BODYPUMP Shari	LES MILLS BODYPUMP Kirsten	BOOT CAMP Ana G.	Creative Conditioning Derrick			
	7:00 PM	Gabriella(3/16)	Jennifer	Rony	Ana G.			
	5:30 AM		Ana		Ana			
CYCLE	9:30 AM		Susie		Susie	Susie	LES MILLS sprint 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

4049 13th Street
St. Cloud, FL

KIDDIE GYM HOURS

Monday - Friday AM	8:00 -12:30
Monday - Friday PM	4:00-8:30
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.
	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.
	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 is a 45 minute functional training class that combines cardio and strength for a complete full body workout.
	Build full-body strength, sculpt and shape muscles, improve posture. Low impact, high intensity. Pilates, barre, and power yoga set to modern beats.
	Pilates is a form of exercise that focuses on strengthening and improving the body's core muscles, flexibility, and posture
	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.
	Stretch Zone focuses on flexibility, breathwork, and mobility exercises.
	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.
	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.