

ST. CLOUD JUNE 2026

| | TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------|----------|--|---------------------------------------|---------------------------------------|---|---------------------------------------|---|----------------------------|
| STUDIO 1 (SMALL ROOM) | 6:00 AM | | | Sharon | | | | |
| | 8:30 AM | | DeLisa | CORE Carmen (9:00) | | Clevia | | |
| | 9:30 AM | LES MILLS Shapes Cloud | Marixa | 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 | | | | | | | |
| | 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. | 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. | | 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 HEAVY Shari | LES MILLS BODYPUMP Kirsten | BOOT CAMP Ana G. | Creative Conditioning Derrick | | | |
| | 7:00 PM | Gabriella | Jennifer | Ana G. | Ana G. | | | |
| | 5:30 AM | | Ana | | Ana | | | |
| | 9:30 AM | | Susie | | Susie | Susie | LES MILLS Sprint Bonnie (10:15) | |
| | 6:30 PM | Ana | Jessica | Jessica | Rosanna | | | |



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

(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 |

Group Fitness Manager:
Becky Evans
beckye@fitnesscf.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.