Fitness CF

ST. CLOUD NOVEMBER 2026

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1 (SMALL ROOM)	6:00 AM							
	8:30 AM		ZUMBA toning DeLisa	LesMills CORE Carmen (9:00)		ZUMBA LIFT Clevia		
	9:30 AM	LesMills Shapes Cloud	ZUMBA Clevia	LesMills BODYATTACK Carmen	LesMills Shapes Cloud	ZUMBA Jen W.		
	10:30 AM	Yoga Carissa	Yoga Trisha	Yoga Carissa	STRETCH ZONE Cloud	LesMills BODYBALANCE Cloud	Yoga Trisha	Yoga Sharon
	11:30 AM							
	5:30 PM							
	6:00 PM	ZUMBA Jennifer	LesMills Shapes Cloud	Yoga Sharon	Yoga Sharon			
	7:00 PM	LesMills BODYBALANCE Cloud	pilates Cloud		ZUMBA Kiara			
STUDIO 2 (LARGE ROOM)	6:00 AM	BOOT CAMP Ana G.		BOOT CAMP Ana G.				
	9:00 AM	Circuit SilverSneakers FITNESS Kathy S. (8:30)	Ab. Attack Kathy S.		Classic SilverSneakers FITNESS Cloud (8:30)	Ab. Attack Kathy S.	LesMills BODYPUMP Marie	
	9:30 AM	LesMills BODYPUMP Kathy S.	LesMills BODYSTEP Kathy S.	ZUMBA Jen W.	ZUMBA Marixa	LesMills BODYSTEP Kathy S.		LesMills CEREMONY Kirsten
	10:30 AM	ZUMBA Marixa	Circuit SilverSneakers FITNESS Kathy S.	LesMills BODYPUMP Carmen	Circuit SilverSneakers FITNESS Susie	LesMills BODYPUMP Kathy S.	ZUMBA Clevia (10:00)	
	11:30 AM	Classic SilverSneakers FITNESS Cloud	Yoga SilverSneakers FITNESS Kathy S.	Classic SilverSneakers FITNESS Becky	Yoga SilverSneakers FITNESS Cloud	Circuit SilverSneakers FITNESS Cloud		
	6:00 PM	LesMills BODYPUMP HEAVY Shari	LesMills BODYPUMP Kirsten	BOOT CAMP Ana G.	*Creative Conditioning* Derrick			
	7:00 PM		ZUMBA Jennifer	ZUMBA Ana G.	Pilates Barre Ana G.			
CYCLE	5:30 AM		CYCLING Ana G		CYCLING Ana G			
	9:30 AM		CYCLING Susie		CYCLING Susie	CYCLING Susie		
	6:30 PM	CYCLING Ana G.	CYCLING Jessica	CYCLING Rosanna	CYCLING Jessica			

Schedule Effective: November 2026

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

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