

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1 (NEW)	5:15 AM	LES MILLS BODYPUMP Laura	LES MILLS BODYCOMBAT Becky(6:00)Trial	LES MILLS BODYPUMP Amy				
	8:30 AM	ZUMBA Marianela	LES MILLS BODYPUMP Bernadette	Kickboxing Elaine	ZUMBA Marianela	ZUMBA Marianela	HEAT Renee	
	9:30 AM	ZUMBA toning Marianela	Kickboxing Elaine	FLEX Elaine	LES MILLS BODYSTEP Amy	LES MILLS BODYCOMBAT Stephanie	LES MILLS BODYPUMP Kimberly	LES MILLS BODYPUMP David
	10:30 AM	FLEX Elaine	ZUMBA GOLD Brenda	ZUMBA Sissi	LES MILLS BODYPUMP Jonathan	LES MILLS BODYPUMP Amy	ZUMBA Kaitlyn	LES MILLS BODYCOMBAT David
	11:30 AM	Classic The SilverSneakers Amy	Circuit The SilverSneakers Paula	Classic The SilverSneakers Cristina	Circuit The SilverSneakers Amy	Yoga The SilverSneakers Megan		
	12:00 PM			LES MILLS BODYPUMP Lauri (Trial)				
	12:30 PM	The SilverSneakers Paula		LES MILLS CXWORX Lauri (Trial)				
	5:00 PM		LES MILLS BODYPUMP Laura					
	5:30 PM	STEP Paula	LES MILLS CXWORX Laura (6:00)		LES MILLS BODYPUMP Bernadette	FLEX Renee		
	6:30 PM	LES MILLS BODYPUMP Jeanine/Chris	ZUMBA Belkys	Kickboxing Rich	HEAT Rich	ZUMBA Fabiola		
	7:30 PM	ZUMBA Leo	LES MILLS BODYPUMP Kimberly	ZUMBA Leo	ZUMBA Sheymy			
STUDIO 2 (OLD)	8:30 AM					Fit Barre Elaine	ZUMBA Sheymy	
	9:30 AM	Fit Barre Elaine	ZUMBA Brenda		Yoga Megan		LES MILLS BODYATTACK Mike	
	10:30 AM	LES MILLS BODYFLOW May/Joni	LES MILLS BODYFLOW May	Yoga Amy (2/6/18)	ZUMBA toning Marianela		LES MILLS BODYFLOW May/Laura	LES MILLS BODYFLOW Ginny/May
	12:30 PM	LES MILLS CXWORX May (Trial)						
	5:30 PM	LES MILLS BODYFLOW May		ZUMBA Leslie				
	6:30 PM	LES MILLS BODYCOMBAT Becky	LES MILLS BODYATTACK Larissa	Yoga Megan/Cary	LES MILLS BODYFLOW Cristina			
CYCLE STUDIO	8:30 AM							LES MILLS RPM Jeanine
	9:30 AM		Cycle Liora		Cycle Liora	LES MILLS RPM Cristina	Cycle Beth	
	10:30 AM	LES MILLS RPM Amy		LES MILLS RPM Cristina				
	12:30 PM		sprint Laurie (Trial)					
	5:30 PM	LES MILLS RPM Cristina		Cycle Beth		sprint Deb		
	6:30 PM		Cycle Debbie		sprint Deb			
FITNESS CF CLERMONT					Schedule Effective: February 2018			



CLERMONT

CLUB HOURS	1050 E. Hwy 50 Clermont, FL (352) 394-2210 www.fitnessscfgyms.com	KIDDIE GYM HOURS	
Monday-Friday 5:00am-11:00pm		Mon - Fri	8:15a - Noon
Saturday 6:00am-8:00pm		Mon - Thurs Evenings	3:00p - 8:45p
Sunday 7:00am-7:00pm		Friday Evenings	3:00p - 8:00p
Clermont Group Fitness Manager: Becky Evans beckye@fitnesscf.com		Saturday	8:15a - 12:30p
		Sunday	8:15a - Noon

CLASS DESCRIPTIONS

	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.
	BODYFLOW 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.
	CXWORX is a revolutionary 30-minute Les Mills core training class that attacks the abs, glutes, back, obliques and "slings" connecting the upper and lower body. CXWORX tones core muscles and may help prevent injury.
HEAT	HEAT is a high intensity interval training class that focuses on muscle and cardio conditioning by utilizing tubing, medicine balls, kettlebells and your own body weight to burn a ton of calories, tone and sculpt your entire body and enhance your fitness.
	RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Bikes are available on a first come first serve basis.
Cycle	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 and mental focus.
FLEX	Using balls, bars, bands and hand weights, this strength training class will tone and build your body.
Kickboxing	This class will "kick your butt" with the fundamentals of boxing combined with a high-energy cardio workout.
	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.
	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.
Fit Barre	Take your workout to new lengths with Fit Barre, a fusion of ballet-inspired movements, sculpt training, cardio segments, core, and much more.