

Group Fitness Schedule

Effective February 5, 2024

Hours: Monday - Friday 5:00am - 9:30pm
Saturday & Sunday 8:00am - 6:00pm

Monday

7:00AM
LES MILLS
barre
& STRETCH
Marcella

9:30AM
LES MILLS
BODYPUMP
Julie

10:00AM
AQUA FITNESS BLAST
Stephanie / Lap Pool

10:30AM
LES MILLS
BODYSTEP
Emily

10:30AM
QIGONG
1st fl. Conf. Room / Steve

11:30AM
LES MILLS
BODYBALANCE
EXPRESS Emily

12:15PM
GENTLE YOGA
Alexis

5:30PM
LES MILLS
tone
David

6:30PM
LES MILLS
BODYJAM
Terence

7:30PM
YOGALATES Doreen

Tuesday

6:15AM
LES MILLS
BODYPUMP
Julie B.

8:30AM
ZUMBA
Kristina

9:30AM
LES MILLS
RPM
Ernesta

10:30AM
LES MILLS
BODYBALANCE
Tonya

11:00AM
AQUA TONE
Rayann / Therapy Pool

12:00PM
DEEP AQUA CHALLENGE
Rayann / Lap Pool

4:00PM
BOOTCAMP Alyssa/Taylor

5:30PM
LES MILLS
BODYATTACK
Mike

6:30PM
LES MILLS
BODYPUMP
Stefanie

7:30PM
YOGA Aura

Wednesday

5:45AM
LES MILLS
CORE

6:15AM
LES MILLS
BODYATTACK
David

9:30AM
LES MILLS
BODYPUMP
Tonya

10:30AM
CYCLE

11:15AM
LES MILLS
BODYBALANCE
EXPRESS Emily

12:00PM
DEEP AQUA CHALLENGE
Kim / Lap Pool

12:00PM
ZUMBA
gold
Brooke

5:30PM
ZUMBA
Jorge

6:00PM
AQUA FITNESS BLAST
Jason / Lap Pool

6:30PM
barre & STRETCH
Marcella

7:30PM
LES MILLS
BODYBALANCE
Sam

Thursday

6:15AM
LES MILLS
BODYPUMP
Mike

10:00AM
LES MILLS
BODYJAM
Emily

11:00AM
LES MILLS
BODYBALANCE
Emily

12:00PM
DEEP AQUA CHALLENGE
Rayann / Lap Pool

12:15PM
GENTLE YOGA
Alexis

5:30PM
LES MILLS
BODYPUMP
Stefanie

6:30PM
ZUMBA
Kayla

7:30PM
YOGA
Aura

Friday

6:15AM
LES MILLS
tone
David

9:30AM
LES MILLS
BODYPUMP
Tonya

10:30AM
QIGONG
1st fl. Conf. Room
Steve

10:30AM
CYCLE
Emily

11:30AM
LES MILLS
BODYBALANCE
Tonya

12:00PM
GENTLE AQUA
Alexis / Therapy Pool

1:00PM - 2:00PM
POOL CLOSED FOR MAINTENANCE

Saturday

9:15AM
YOGA
Alexis/Aura

Sunday

9:30AM
LES MILLS
BODYPUMP
Stefanie

10:30AM
LES MILLS
BODYSTEP
David

11:30AM
LES MILLS
BODYBALANCE
Erika

2:30PM
ZUMBA
Kayla

3:30PM
LES MILLS
BODYPUMP
Mike

4:30PM
LES MILLS
BODYATTACK
Mike

Class Descriptions

DAY PASSES AVAILABLE

\$10 (with Member) / \$15 (without Member)

407-303-4400 | CelebrationFitness.com

BARRE is a modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles and build core strength. Les Mills Barre is a combination of cardio and strength with high reps and small range-of-motion movements and very light weight.

BODYATTACK is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals. Duration: 55 minutes Average Calorie Burn: 675 Type: High intensity

BODYBALANCE is the Yoga, Tai Chi, Pilates workout that builds strength and flexibility and will improve your mind, your body and your life. Duration: 55 minutes Average Calorie Burn: 390 Type: Low intensity

BODYJAM is a dance-inspired workout that moves with the latest music and greatest dance moves. It's cardio fun at its best for those with a passion for movement and dance. Duration: 55 minutes Average Calorie Burn: 530 Type: Moderate intensity

BODYPUMP is the original LES MILLS barbell class. It is one of the world's fastest ways to get in shape. It will sculpt, tone and strengthen your entire body. Duration: 55 minutes Average Calorie Burn: 590 Type: Moderate intensity

BODYSTEP is a simple, athletic workout with high intensity intervals followed by muscle conditioning tracks that will shape and tone your entire lower body and push your fat burning systems into high gear. Duration: 55 minutes Average Calorie Burn: 620 Type: Moderate-high intensity

BOOTCAMP is a rigorous fitness program that targets the entire body through a mix of cardio and strength exercises. It challenges individuals to push beyond their comfort zones and fosters a sense of accomplishment and holistic fitness. 45 minutes

CORE is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

CYCLE/RPM is an indoor cycling workout where you ride to the rhythm of powerful music to a calorie-burning high. Duration: 50-60 minutes Average Calorie Burn: 675 Type: Moderate to high intensity Registration required.

QIGONG is a mind-body-spirit practice, improving an individual's mental and physical health/wellness through slow deep breathing and gentle movements. Benefits include, increased energy, improved range of motion, improved your circulation, and reduced stress. 60 minutes (1st floor Wellness Center Conference Room)

SH'BAM is the perfect way to shape up and let out your inner star – even if you're dance challenged. Chart-topping popular hits, dance music that is heard in the hottest nightclubs around the world, familiar classics remixed, and modernized Latin beats. Duration:45 minutes Average Calorie Burn:506 Type:Moderate intensity

STRETCH is a 30-minute class using active and passive stretching to release tension throughout the body and improving flexibility and range-of-motion. Stretching helps with injury prevention, muscle coordination, improving posture and enhancing sports performance.

TONE is the optimal mix of strength, cardio and core training. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level. Duration: 45 minutes Average Calorie Burn: 550 Type: Low to moderate intensity

ZUMBA is a “feel happy” fun dance-fitness workout that combines high energy and motivating Latin music with easy-to-follow dance moves and combinations. Before you know it you're getting fit and your energy level is soaring. 55 minutes

ZUMBA GOLD is perfect for older active adults and everyone looking for a modified Zumba® class. This class offers the original moves at a lower intensity. 55-minutes

YOGA This “traditional” yoga class will give you a nice balance between strength, flexibility, and relaxation. 55 minutes

GENTLE YOGA is designed for beginners. Find your inner/outer equilibrium while incorporating skills such as balance, coordination, relaxation and breathing. 55 minutes

YOGALATES (Core & Abs) Formatted using the movement concepts of core strengthening of Pilates Mat Work combined with movement concepts of HathaYoga. This class enhances balance, breathing, posture and overall stamina. A great pilates challenge with a touch of yoga. 55 minutes

AQUA FITNESS BLAST (LAP POOL) This higher intensity class challenges your aerobic endurance and core strength. Work in strength moves and enjoy some relaxing stretching to round out your fitness experience. 50-minutes

AQUA TONE is a low-impact class held in the Warm Therapy Pool using equipment to boost your strength, flexibility, and balance. All fitness levels. 50-minutes

DEEP AQUA CHALLENGE (LAP POOL): This class is a deep-water conditioning and strengthening class. Prepare to increase your heart rate, burn some calories and boost your metabolism! Appropriate for all fitness levels. 50 minutes

GENTLE AQUA Held in the Warm Therapy Pool, this class is a gentle workout perfect for those affected by arthritis, fibromyalgia, joint replacement, pain, or anyone simply looking to increase their range of motion, flexibility, posture, or make new friends—all in a comfortable environment. 50-minutes

WELL CLASS PASS 8 CLASSES FOR \$50
AQUA FITNESS BLAST, AQUA TONE,
AQUA ZUMBA, DEEP AQUA CHALLENGE,
GENTLE AQUA, ZUMBA GOLD, GENTLE YOGA I & II.

Members will no longer need to register or obtain a class pass for group fitness classes with the exception of RPM. Registration for RPM will be required. You can register two hours prior to class on the APP or by calling the front desk.

For the enjoyment of all participants in our Group Fitness classes, please silence your cell phone while in any of our Group Fitness rooms/spaces. Please exit the room/space for texting and talking on your cell phones. Thanks for making it a wonderful experience.


Advent Health
Wellness Center
Celebration