

Group Fitness Schedule

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

Effective May 5, 2025

Monday

7:00AM
barre&
STRETCH
Marcella

9:30AM
LES MILLS
BODYPUMP
Julie

10:00AM
AQUA FITNESS BLAST
Stephanie / Lap Pool

10:30AM
LES MILLS
BODYSTEP
Tonya

11:15AM
LES MILLS
BODYBALANCE
Sam

12:15PM
GENTLE YOGA
Alexis

5:30PM
LES MILLS
tone
David

6:30PM
LES MILLS
BODYJAM
Katie

7:30PM
YOGALATES
Doreen

Tuesday

6:15AM
LES MILLS
BODYPUMP
Julie B.

8:00AM
LES MILLS
GRIT
Alyssa/Taylor

9:30AM
LES MILLS
BODYJAM
Kristi

10:30AM
LES MILLS
RPM
Ernesta

11:30AM
LES MILLS
BODYBALANCE
Tonya

12:00PM
DEEP AQUA
CHALLENGE
Rayann / Lap Pool

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

8:45AM
LES MILLS
BODYPUMP
Tonya

10:30AM
CYCLE
Jen

11:15AM
LES MILLS
BODYBALANCE
Tonya

12:00PM
AQUA TONE & STRECH
Kim / Therapy 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

10:15AM
Dance Fusion
Amanda T.

11:00AM
LES MILLS
BODYBALANCE
Tonya

12:00PM
DEEP AQUA
CHALLENGE
Rayann / Lap Pool

12:15PM
GENTLE YOGA
Alexis

4:00PM
LES MILLS
GRIT
Alyssa/Taylor

5:30PM
LES MILLS
BODYPUMP
Stefanie

6:30PM
ZUMBA
Kayla

7:30PM
YOGA
Aura

Friday

6:15AM
LES MILLS
tone
David

8:30AM
LES MILLS
DANCE
Marcella

9:30AM
LES MILLS
BODYPUMP
Tonya

10:30AM
CYCLE
Jen

11:30AM
LES MILLS
PILATES
Jen

12:00PM
GENTLE AQUA
Alexis / Therapy Pool

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

Saturday

8:15AM
barre&
STRETCH
Marcella

9:15AM
YOGA
Alexis/Aura

10:15AM
BOOT CAMP
Dianne

11:15AM
PILATES
Sam

Sunday

8:45AM
LES MILLS
GRIT
Alyssa

9:30AM
LES MILLS
BODYPUMP
Stephanie

10:30AM
LES MILLS
BODYSTEP
David

11:30AM
LES MILLS
BODYBALANCE
Sam

2:30PM
ZUMBA
Kayla

3:30PM
LES MILLS
BODYPUMP

4:30PM
LES MILLS
BODYATTACK
Mike

Class Descriptions

DAY PASSES AVAILABLE

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

Photo ID Required, Towel Rentals Available
Some restrictions apply.

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.

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

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.

DANCE is a high-energy workout that will challenge and move you. Each class includes 10 stand-alone tracks, with each introducing new choreography. It combines innovative dance movements with the latest music to drive energy and motivation in every move. 45 minutes

DANCE FUSION is a class that aims to build strength, coordination and endurance while encouraging fun and creative expression. (Suitable for all fitness levels).

GRIT is a high-intensity training (HIIT) workout designed to improve strength, cardiovascular fitness and build lean muscle. These Cardio, Strength and Athletic workouts will drive you to get fitter, faster. 30 minutes

PILATES Magical choreography, hypnotic music, and the latest exercise science. A 45-minute mind-body workout designed to improve strength, mobility and happiness. Slow, simple movements tone your abs, glutes, back, and hips. Expert guidance builds technique and control. Modern breathwork creates renewal and bliss. Traditional Pilates meets the Les Mills experience, leaving you feeling strong, uplifted, and calm.

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 Hatha Yoga. This class enhances balance, breathing, posture and overall stamina. A great Pilates challenge with a touch of yoga. 55 minutes

AQUA FITNESS BLAST 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, Lap Pool

AQUA TONE & STRETCH Increase muscle definition, improve flexibility as well as overall feeling better. Leave feeling refreshed, stretched & energized. 50-minutes, Lap Pool

DEEP AQUA CHALLENGE: This class is a deepwater conditioning and strengthening class. Prepare to increase your heart rate, burn some calories and boost your metabolism! Appropriate for all fitness levels. 50 minutes, Lap Pool

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

Get 10 Day passes for **\$100**
Ask the front desk for more info.

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.