

Group Fitness Schedule

Effective November 4, 2024

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

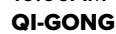
Monday

7:00AM

& STRETCH
Marcella

9:30AM

BODYPUMP
Julie

10:00AM

QI-GONG
Stephanie

10:30AM

BODYSTEP
Emily

11:30AM


BODYBALANCE
EXPRESS Emily


12:15PM

GENTLE YOGA
Alexis

5:30PM

tone
David

6:30PM

BODYJAM
Terence

7:30PM

YOGALATES
Doreen

Tuesday

6:15AM


BODYPUMP
Julie B.

8:45AM

SH'BAM
Terence

9:30AM

RPM
Ernesta


10:30AM

BODYBALANCE
Emily


11:00AM


STRENGTH & BALANCE
Rayann (1st Fl. Conf. Room)

12:00PM

STRENGTH & BALANCE
Rayann (1st Fl. Conf. Room)

4:30PM

GRIT
Alyssa/Taylor

5:30PM

BODYATTACK
Mike

6:30PM

BODYPUMP
Stefanie

7:30PM

YOGA
Aura

Wednesday

5:45AM


CORE


6:15AM

BODYATTACK David

9:30AM


BODYPUMP
Julie

10:30AM

CYCLE

11:15AM

BODYBALANCE
EXPRESS Emily


12:00PM

ZUMBA
gold Brooke

5:30PM

ZUMBA Jorge

6:30PM

barre & STRETCH
Marcella

7:30PM

BODYBALANCE
Sam

Thursday

6:15AM

BODYPUMP
Mike

10:00AM


BODYJAM
Emily


11:00AM

BODYBALANCE
Emily

12:00PM

STRENGTH & BALANCE
Rayann (1st Fl. Conf. Room)

12:15PM

GENTLE YOGA
Alexis


4:00PM

GRIT
Alyssa/Taylor

5:30PM

BODYPUMP
Stefanie

6:30PM

ZUMBA
Kayla

7:30PM

YOGA
Aura

Friday

6:15AM

tone
David

8:30AM


DANCE
Marcella


9:30AM

BODYPUMP
Julie

10:30AM

RPM
Amanda L.


11:30AM

PILATES
Jen

12:00PM

CHAIR YOGA
Alexis (1st Fl. Conf. Room)

1:00PM - 2:00PM

POOL CLOSED
FOR MAINTENANCE

Saturday

9:15AM

YOGA
Alexis/Aura

Sunday
8:45AM

GRIT
Alyssa

9:30AM

BODYPUMP
Stefanie

10:30AM

BODYSTEP
David

11:30AM


BODYBALANCE
Sam

2:30PM

ZUMBA
Kayla

3:30PM

BODYPUMP
Mike

4:30PM

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

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

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. It's Pilates re-imagined. A 45-minute mind-body workout designed to improve strength, mobility, and happiness. Slow, simple movements tone your abs, glutes, back and hips. Modern breath work creates renewal and bliss. Traditional Pilates meets the Les Mills experience, leaving you feeling strong, calm, and happy. INTENSITY LEVEL: Low to high intensity.

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

STRENGTH & BALANCE is a 45-minute class that includes joint range of motion exercises, balance, strengthening, core work and stretching. Includes both standing and chair work. INTENSITY LEVEL: Low/moderate. Options available. (Located in the 1st floor conference room).

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 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

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.