

# Group Fitness Schedule

Effective September 22, 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  
**QI-GONG**  
Stephanie

10:30AM  
LES MILLS  
**BODYSTEP**  
Emily

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.

8:45AM  
LES MILLS  
**SH'BAM**  
Terence

9:30AM  
LES MILLS  
**RPM**  
Ernesta

10:30AM  
LES MILLS  
**BODYBALANCE**  
Emily

11:00AM  
**AQUA TONE**  
Rayann / Therapy Pool

12:00PM  
**STRENGTH & BALANCE**  
Rayann (1st Fl. Conf. Room)

4:30PM  
LES MILLS  
**GRIT**  
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**  
Julie

10:30AM  
**CYCLE**  
11:15AM  
LES MILLS  
**BODYBALANCE**  
EXPRESS Emily

12:00PM  
 Brooke

5:30PM  
 Jorge

6:30PM  
LES MILLS  
**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  
**STRENGTH & BALANCE**  
Rayann (1st Fl. Conf. Room)

12:15PM  
**GENTLE YOGA**  
Alexis

4:00PM  
LES MILLS  
**GRIT**  
Alyssa/Taylor

5:30PM  
LES MILLS  
**BODYPUMP**  
Stefanie

6:30PM  
 Kayla

7:30PM  
**YOGA**  
Aura

## Friday

6:15AM  
LES MILLS  
**tone**  
David

8:30AM  
LES MILLS  
**DANCE**  
Marcella

9:30AM  
LES MILLS  
**BODYPUMP**  
Julie

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

9:15AM  
**YOGA**  
Alexis/Aura

**Sunday**  
8:45AM  
LES MILLS  
**GRIT**  
Alyssa

9:30AM  
LES MILLS  
**BODYPUMP**  
Stefanie

10:30AM  
LES MILLS  
**BODYSTEP**  
David

11:30AM  
LES MILLS  
**BODYBALANCE**  
Sam

2:30PM  
 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

**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.*