

# Group Fitness Schedule

Effective January 28, 2025

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

## 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  
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  
DANCE  
Terence

9:30AM  
LES MILLS  
RPM  
Ernesta

10:30AM  
LES MILLS  
BODYBALANCE  
Tonya

12:00PM  
DEEP AQUA  
CHALLENGE  
Rayann / Lap Pool

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 Tonya

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

12:00PM  
AQUA TONE&STRETCH  
Kim / Lap Pool

12:00PM  
 ZUMBA gold Brooke

5:30PM  
 ZUMBA Jorge

6:00PM  
AQUA FITNESS BLAST  
Stephanie / 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

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  
Rayann / Lap 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  
 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.

**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** 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.

**STONE** 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** 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

**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.*