

# Group Fitness Schedule

Effective March 1, 2023

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

## MONDAY

9:30AM  
**LESMILLS BODYPUMP**

Julie

10:00AM  
**AQUA FITNESS BLAST**  
 Stephanie / Lap Pool

10:30AM  
**LesMills BODYSTEP**

Emily

11:30AM  
**LesMills BODYFLOW EXPRESS**  
 Emily

12:15PM  
**GENTLE YOGA**  
 Alexis

5:30PM  
**tone**

David

6:30PM  
**LesMills BODYJAM**

Terrence

7:30PM  
**YOGALATES**  
 Doreen

## TUESDAY

6:15AM  
**LesMills BODYPUMP**

Julie B.

8:30AM  
**ZUMBA**  
 Kristina

9:30AM  
**LesMills RPM**

Ernesta

10:30AM  
**LesMills BODYFLOW**  
 Tonya

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

12:00pm  
**DEEP AQUA CHALLENGE**  
 Rayann / Lap Pool

## WEDNESDAY

5:45AM  
**LESMILLS CORE**

6:15AM  
**LesMills BODYATTACK**

David

9:30AM  
**LesMills BODYPUMP**

Tonya

10:30AM  
**LesMills SHBAM**

Amanda

12:00pm  
**DEEP AQUA CHALLENGE**  
 Kim / Lap Pool

12:00PM  
**ZUMBA gold**  
 Brooke

5:30pm  
**ZUMBA**  
 Kristina

6:30PM  
**LesMills BODYFLOW**  
 Sabrina

## THURSDAY

6:15AM  
**LESMILLS BODYPUMP**

Mike .

9:30AM  
**LesMills BODYJAM**

Emily

10:30AM  
**LesMills BODYFLOW**

Emily

11:00am  
**DEEP AQUA CHALLENGE**  
 Rayann / Lap Pool

12:15PM  
**GENTLE YOGA**  
 Alexis

5:30PM  
**LesMills BODYPUMP**

Stefanie

6:30PM  
**ZUMBA**  
 Kayla

7:30PM  
**YOGA**  
 Aura

## FRIDAY

6:15AM  
**LesMills tone**

David

8:30AM  
**LesMills BODYPUMP**

Tonya

9:30AM  
**LesMills RPM**

Amanda

10:30AM  
**LesMills BODYFLOW**  
 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  
**LesMills BODYPUMP**

Stefanie

10:30AM  
**LesMills BODYSTEP**

David

11:30AM  
**LesMills BODYFLOW**

Erika

2:30PM  
**ZUMBA**  
 Kayla

3:30PM  
**LesMills BODYPUMP**

Mike

4:30PM  
**LesMills BODYATTACK**

Mike

# Group Fitness Class Descriptions

DAY PASSES AVAILABLE

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

(407) 303-4400 | [CelebrationFitness.com](http://CelebrationFitness.com)

**LesMills BODYATTACK** **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**

**LesMills CORE** **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.

**LesMills BODYFLOW** **BODYFLOW** 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**

**LesMills BODYJAM** **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**

**LesMills BODYPUMP** **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**

**LesMills BODYSTEP** **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**

**LesMills tone** **tone** **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**

**LesMills RPM** **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**

**LesMills SH'BAM** **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**

**ZUMBA** **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** **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

**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

**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

**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

## 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 and maximum capacity is 19. You can register two hours prior to class on the APP or by calling the front desk.*

  
**Advent Health**  
**Wellness Center**  
**Celebration**

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.