

Group Fitness Schedule

Effective July 15, 2021

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

MONDAY

6:15AM
LesMills
BODYCOMBAT

Kayla

9:15AM
LesMills
BODYPUMP

Tonya

10:00AM
AQUA FITNESS
BLAST
Stephanie / Lap Pool

10:30AM
LesMills
BODYSTEP

Emily

12:15PM
GENTLE YOGA
Alexis

4:45PM
LesMills
BODYPUMP

Julie

6:00PM
LesMills
tone

David

7:15PM
CORE&ABS/
YOGALATES
Doreen

TUESDAY

6:15AM
LesMills
BODYPUMP

Julie B.

9:15AM
LesMills
RPM

Ernesta

10:30AM
LesMills
BODYFLOW

Tonya

11:00AM
AQUA TONE
Rayann / Therapy Pool

WEDNESDAY

6:15AM
LesMills
BODYSTEP

David

9:15AM
LesMills
BODYPUMP

Tonya

10:30AM
LesMills
SH'BAM

Terennce

12:00PM
AQUA FITNESS
CHALLENGE

Kim / Lap Pool

12:15PM

Brooke

4:45PM
LesMills
BODYFLOW

Sabrina

6:00PM
LesMills
BODYPUMP

Stefanie

7:15PM
YOGA
Aura

THURSDAY

6:15AM
LesMills
BODYATTACK

David

9:15AM
LesMills
BODYJAM

Emily

10:30AM
LesMills
BODYFLOW

Emily

11:00AM
WATER WORKS 4
EVERY BODY

Rayann / Lap Pool

12:15PM
GENTLE YOGA
Alexis

4:45PM

Kayla

6:00PM
LesMills
BODYPUMP

Stefanie

7:15PM
YOGA
Aura

FRIDAY

6:15AM
LesMills
BODYPUMP

Mike

9:15AM
LesMills
BODYPUMP

Julie

10:30AM
LesMills
BODYSTEP

Mitch / Emily

12:00PM
GENTLE AQUA
Alexis / Therapy Pool

11:45AM
LesMills
BODYFLOW

Tonya

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

5:30PM
LesMills
RPM

Ernesta

SATURDAY

9:15AM
YOGA
Alexis / Aura / Marlene

SUNDAY

8:15AM
LesMills
BODYPUMP

Stefanie

9:30AM
LesMills
BODYSTEP

David / Stefanie

10:45AM
LesMills
BODYFLOW

Erika

1:30PM

Kayla

3:15PM
LesMills
BODYPUMP

Mike

4:30PM
LesMills
BODYATTACK

Mike

Registration required: 20 max registrants for each class (8 max for Aquatics classes in the Lap Pool and 6 max in the Therapy Pool) to be booked via the electronic process in ABC.

Group Fitness Class Descriptions

DAY PASSES AVAILABLE

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

(407) 303-4400 | 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 BODYCOMBAT **BODYCOMBAT** combines the moves and stances developed from a range of self-defense disciplines such as karate, boxing, Tai Chi, and kick-boxing. It's a fierce energetic experience taught in a safe and simplistic manner. **Duration: 55 minutes** **Average Calorie Burn: 737** **Type: High intensity**

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** 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

AQUATIC FITNESS CHALLENGE (LAP POOL) is a non-impact workout to challenge your cardio-respiratory system and strengthen your muscles. This deep water class utilizes a variety of equipment and can be modified for any fitness level. 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

WATERWORKS 4 EVERYBODY (LAP POOL) This class is a deep h2o conditioning and strengthening class that kicks it up a notch! Prepare to increase your heart rate, burn some calories and boost your metabolism! Appropriate for men, women, pre-natal, post-partum, physical therapy patients, athletes, and more! Have no fear of what lurks in the DEEP... Water belts are used! 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

Group Fitness Class Registration Process:

- Registration for classes opens **3 hours beforehand**
- Register via app (preferred), Member Portal (preferred), at the front desk or call 407-303-4400.
- 20 max registrants for each class (8 max for Aquatics classes in the Lap Pool and 6 max in the Therapy Pool) to be booked via ABC.
- Registrants must check in with front desk prior to their registered class and receive a lanyard.
- Lanyard must be presented to the Group Fitness Instructor to confirm your spot.
- Lanyards will be cleaned and sanitized after each use.
- Mats will NOT be available. Members must bring their own mat.
- For your safety and the safety of others, please follow the social distancing signage on the floor.
- Additional deep cleaning and sanitizing of equipment will be done in between classes.

WELL CLASS PASS 8 CLASSES FOR \$50

AQUA FITNESS BLAST, AQUA TONE, ZUMBA GOLD, GENTLE YOGA I & II, GENTLE AQUA AND WATERWORKS4EVERYBODY

 **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.