

Group Fitness Schedule

Effective September 1, 2020

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

MONDAY

9:00AM
LES MILLS
BODYPUMP
Tonya

4:30PM
LES MILLS
BODYFLOW
Tonya

6:00PM
LES MILLS
tone
David

7:30PM
**CORE&ABS/
YOGALATES**
Doreen

TUESDAY

6:00AM
LES MILLS
BODYPUMP
Julie B.

8:00AM
LES MILLS
RPM
Ernesta

4:30PM
LES MILLS
BODYFLOW
Sabrina

6:00PM
LES MILLS
BODYPUMP
Stefanie

WEDNESDAY

8:00AM
LES MILLS
BODYFLOW
Tonya

6:30PM
LES MILLS
BODYCOMBAT
Yvonne

THURSDAY

6:00AM
LES MILLS
BODYATTACK
David H.

8:00AM
LES MILLS
BODYJAM
LES MILLS
SH'BAM
Terrence / Pamela

4:30PM
 **ZUMBA**
Yvonne

6:00PM
YOGA
Aura

FRIDAY

6:00AM
LES MILLS
BODYPUMP
Julie B.

9:00AM
LES MILLS
BODYSTEP
Mitch

**POOL CLOSED
FOR MAINTENANCE**
1:30PM-2:30PM

SATURDAY

9:15AM
YOGA
Aura / Alexis / Tracy

SUNDAY
8:15AM
CYCLE
Kelly

9:45AM
LES MILLS
BODYSTEP
David H. / Stefanie

11:15AM
LES MILLS
BODYFLOW
Erika

1:30PM
 **ZUMBA**
Yvonne

3:00PM
LES MILLS
BODYPUMP
Mike

4:30PM
LES MILLS
BODYATTACK
Mike

• Group Fitness Class Registration Process:

- Registration for classes open 90 minutes beforehand
- Register via app (preferred), Member Portal (preferred), at the front desk or call 407-303-4400
- 16 max registrants for each class will be booked for the class via the electronic process in 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.**

Group Fitness Class Descriptions

DAY PASSES AVAILABLE

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

(407) 303-4400 | CelebrationFitness.com

LES MILLS 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**

LES MILLS 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**

LES MILLS 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**

LES MILLS 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**

LES MILLS 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**

LES MILLS 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**

LES MILLS 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**

LES MILLS 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**

LES MILLS CXWORX **CXWORX** really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. **Duration: 30 minutes Average Calorie Burn: 230 Type: Moderate to high intensity**

LES MILLS 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. This class is designed with easy-to-follow Zumba® choreography that will focus on balance, range of motion and coordination as well as cardiovascular & muscular conditioning, flexibility and balance! 55-minutes

CYCLE is a heart pumping ride for the ultimate workout! Something for every one of all ages. 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 Hatha Yoga. 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

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

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

WELL CLASS PASS 8 CLASSES FOR \$50
AQUA FITNESS BLAST, AQUA TONE, ZUMBA GOLD, GENTLE YOGA I & II, GENTLE AQUA AND WATERWORKS4EVERYBODY

Wellness Center Hours

Monday-Friday: 5:00am - 9:30pm

Saturday & Sunday: 8:00am - 6:00pm


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.