

Group Fitness Schedule

January 20 - April 12, 2020

DAY PASSES AVAILABLE

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

MONDAY

6:15AM
LesMills
BODYCOMBAT
Kim / Brooke

9:15AM
LesMills
BODYPUMP
Kim

10:00AM
AQUA FITNESS
BLAST Alexis

10:15AM
LesMills
BODYSTEP
Emily / Mitch

11:00AM
GENTLE AQUA
Kim

11:15AM
LesMills
BODYFLOW
Emily

12:15PM
GENTLE YOGA
Alexis

4:30PM
CYCLE
Paul

5:30PM
tone
David

6:30PM [ALTERNATES]
LesMills
SH'BAM
ZUMBA
Nicole / Amanda

7:30PM
CORE&ABS/
YOGALATES
Doreen

TUESDAY

6:15AM
LesMills
BODYPUMP
Julie B.

9:15AM
LesMills
RPM
Ernesta

10:15AM
LesMills
BODYFLOW
Tonya

11:00AM
AQUA TONE
Rayann

11:15AM
LesMills
SH'BAM
Amanda T.

12:00PM
WATER WORKS 4
EVERY BODY
Rayann

12:00PM
LesMills
CXWORX
David H.

4:30PM
LesMills
BODYFLOW
Sabrina

5:30PM
LesMills
BODYATTACK
Mike / Lucy

6:30PM
LesMills
BODYPUMP
Stefanie

7:30PM
YOGA
Aura

WEDNESDAY

5:45am/6:15AM
LesMills
CXWORX
LesMills
BODYSTEP

David H.

8:15AM
LesMills
RPM
Kelly

9:15AM
LesMills
BODYPUMP
Tonya

10:00AM
AQUA FITNESS
CHALLENGE
Rayann

10:15AM
LesMills
SH'BAM
Amanda T.

11:00AM
GENTLE AQUA
Brooke

11:15AM
LesMills
BODYFLOW
Kim

12:15PM
ZUMBA
Brooke

5:30PM
LesMills
BODYSTEP
Stefanie

5:30PM
AQUA FITNESS
BLAST
Jason

6:30PM
LesMills
BODYCOMBAT
Yvonne / Tracy

7:30PM
LesMills
BODYFLOW
Tonya

THURSDAY

5:45am/6:15AM
LesMills
CXWORX
LesMills
BODYATTACK

David H.

8:15AM
CYCLE
Paul

9:15AM
LesMills
BODYJAM
Emily / Pamela / Stacy Dee

10:15AM
LesMills
BODYFLOW
Emily

11:00AM
AQUA TONE
Rayann

11:15AM
tone
David H.

12:00PM
WATER WORKS 4
EVERY BODY
Rayann

12:15PM
GENTLE YOGA
Alexis

4:30PM
LesMills
BODYFLOW
Tonya

5:30PM
ZUMBA
Yvonne

6:30PM
LesMills
BODYPUMP
Stefanie

7:30PM
YOGA
Aura

FRIDAY

6:15AM
LesMills
BODYPUMP
Julie B.

8:15AM
LesMills
BODYPUMP
Kim

9:15AM
LesMills
RPM
Amanda

10:00AM
AQUA FITNESS
BLAST Kim

10:15AM
LesMills
BODYSTEP
Emily / Mitch

11:00AM
GENTLE AQUA
Alexis

11:15AM
LesMills
BODYFLOW
Tonya

12:15PM
LesMills
SH'BAM
Brooke

12:15PM
POOL CLOSED FOR MAINTENANCE
1:30PM-2:30PM

5:30PM
LesMills
RPM
Ernesta

SATURDAY

9:15AM
YOGA
Alexis / Tracy

SUNDAY

8:00AM
CYCLE
Paul / Amanda

9:15AM
LesMills
BODYPUMP
Stefanie

10:15AM
LesMills
BODYSTEP
LesMills
BODYATTACK*
David H.

11:15AM
LesMills
BODYFLOW
Tonya

12:15PM
ZUMBA
Nicole

4:30PM
LesMills
BODYPUMP
Mike / Lora

5:30PM
LesMills
BODYATTACK
Mike / Cory / Hallie / Lora

Advent Health
Wellness Center
Celebration

RPM/Cycle classes require sign-up at the Front Desk.

Group Fitness Class Descriptions

DAY PASSES AVAILABLE

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

(407) 303-4400 | CelebrationFitness.com

LESMILLS 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 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 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 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 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 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** 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 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 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**

LESMILLS 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. 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 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

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



AdventHealth Wellness Center Celebration is a proud SilverSneakers® partner.

Classes marked with the logo are perfect for older active adults.

The logo for AdventHealth Wellness Center Celebration, featuring the words "AdventHealth" in blue, "Wellness Center" in green, and "Celebration" in green, all under the "Wellness Center" heading.

Wellness Center Hours

Monday-Friday: 5:00am - 10:00pm
Saturday & Sunday: 7:00am - 7:00pm

Kids Club Hours

Monday - Friday: 9:00am - 2:00pm and 4:00pm - 8:00pm
Saturday - Sunday: 9:00am - 2:00pm

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.*BODYSTEP and BODYATTACK will alternate on Sundays at 10:15am.