

Group Fitness Schedule

Effective May 2, 2022

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

MONDAY

9:30AM
LES MILLS
BODYPUMP

Julie

10:00AM
AQUA FITNESS
BLAST
Stephanie / Lap Pool

10:30AM
LES MILLS
BODYSTEP

Emily

11:30AM
LES MILLS
BODYFLOW
EXPRESS
Emily

12:15PM
GENTLE YOGA
Alexis

5:30PM
tone
David

6:30PM
LES MILLS
BODYJAM
Terence

7:30PM
YOGALATES
Doreen

TUESDAY

6:15AM
LES MILLS
BODYPUMP

Julie B.

8:30AM
ZUMBA
Kristina

9:30AM
LES MILLS
RPM
Ernesta

10:30AM
LES MILLS
BODYFLOW
Tonya

11:00AM
AQUA TONE
Rayann / Therapy Pool

5:30PM
LES MILLS
BODYATTACK
Mike

6:30PM
LES MILLS
BODYPUMP
Stefanie

WEDNESDAY

5:45AM
LES MILLS
CORE

6:15AM
LES MILLS
BODYATTACK

David

9:30AM
LES MILLS
BODYPUMP
Tonya

10:30AM
LES MILLS
SH'BAM
Amanda

12:00PM
AQUA FITNESS
CHALLENGE
Kim / Lap Pool

12:00PM
ZUMBA
gold
Brooke

5:30PM
LES MILLS
BODYSTEP
Emily

6:30PM
LES MILLS
BODYFLOW
Sabrina

THURSDAY

6:15AM
LES MILLS
BODYPUMP

Mike

9:30AM
LES MILLS
BODYJAM
Emily

10:30AM
LES MILLS
BODYFLOW
Emily

11:00AM
WATER WORKS 4
EVERY BODY
Rayann / Lap Pool

12:15PM
GENTLE YOGA
Alexis

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
BODYPUMP
Tonya

9:30AM
LES MILLS
RPM
Amanda

10:30AM
LES MILLS
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
LES MILLS
BODYPUMP
Stefanie

10:30AM
LES MILLS
BODYSTEP
David

11:30AM
LES MILLS
BODYFLOW
Erika

2:30PM
ZUMBA
Kayla

3:30PM
LES MILLS
BODYPUMP
Mike

4:30PM
LES MILLS
BODYATTACK
Mike

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 16. You can register one hour prior to class on the APP or by calling the front desk.

Group Fitness Class Descriptions

DAY PASSES AVAILABLE

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

(407) 303-4400 | CelebrationFitness.com

LES MILLS 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 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.

LES MILLS 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 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 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 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 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 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 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 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

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

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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.