



At Florida Hospital Celebration Health

Fitness Centre Hours:

Monday - Friday 5:00am - 10:00pm
Weekends 7:00am - 7:00pm

Childcare Hours:

Monday - Friday 9:00am - 1:00pm
Monday - Thursday 4:00pm - 8:00pm
Weekends 9:00am - 2:00pm

For questions or for information call the Fitness Centre front desk at (407) 303-4400

GROUP FITNESS SCHEDULE - LAUNCH WEEK Jan 23-Jan 29, 2012

	6:15am	7:15am	8:15am	9:15am	10:15am	11:15am	12:15pm	1:15pm	3:30pm	4:30pm	5:30pm	6:30pm	7:30pm	8:30pm
M	LES MILLS BODYCOMBAT Beck & Rachel			LES MILLS BODYPUMP Olga	LES MILLS BODYSTEP Emily	LES MILLS BODYFLOW Tonya	Gentle Yoga Alexis			LES MILLS RPM LAUNCH	LES MILLS BODYVIVE LAUNCH	LES MILLS BODYSTEP LAUNCH	LES MILLS CXWORX LAUNCH	
Tu	LES MILLS BODYPUMP David C.			LES MILLS RPM Cycle Ernesta	LES MILLS BODYFLOW Stacy Dee	LES MILLS SH'BAM Stacy Dee	LES MILLS CXWORX David H *			LES MILLS BODYFLOW LAUNCH	LES MILLS BODYATTACK LAUNCH	LES MILLS BODYPUMP LAUNCH	LES MILLS BODYCOMBAT LAUNCH	LES MILLS CXWORX LAUNCH
W	LES MILLS BODYSTEP David H	LES MILLS SH'BAM Terence	LES MILLS CXWORX Julie H *	LES MILLS BODYPUMP Tonya	LES MILLS BODYATTACK Olga	LES MILLS BODYFLOW Stacy Dee	Latin Grooves Alexis			LES MILLS BODYVIVE Erika	LES MILLS BODYSTEP Emily & Mitch	LES MILLS BODYCOMBAT Ernesta & Tracy	LES MILLS BODYFLOW Julie H	
Th	LES MILLS BODYATTACK David H	LES MILLS CXWORX David H*	Cycle Paul	LES MILLS BODYJAM Stacy Dee & Terence	LES MILLS BODYFLOW Emily	LES MILLS BODYVIVE Stacy Dee	Gentle Yoga Alexis			LES MILLS BODYFLOW Mitch	LES MILLS RPM Cycle Julie H	LES MILLS BODYPUMP Stefanie	Yoga Alexis	LES MILLS CXWORX Julie H *
F	LES MILLS BODYPUMP Rachel		LES MILLS BODYPUMP Julie H	LES MILLS RPM Cycle Julie H	LES MILLS BODYSTEP Mitch & Tonya	LES MILLS BODYFLOW Stacy Dee	LES MILLS SH'BAM No CLASS, Come TONIGHT!			LES MILLS RPM Ernesta	ZUMBA fitness DANCE	LES MILLS SH'BAM PARTY	LES MILLS BODYJAM LAUNCH	
Sa				Yoga Carol (90 min.)			CXWORX - Free Launch Week!!!							
Su	Revised 12/20/11		LES MILLS RPM Cycle Julie	LES MILLS BODYPUMP David C	LES MILLS BODYSTEP David H	LES MILLS BODYFLOW Julie H	ZUMBA fitness Melissa		LES MILLS SH'BAM Pamela & Stefanie	LES MILLS BODYPUMP Stefanie	LES MILLS BODYATTACK Express Sara	LES MILLS CXWORX 6:15pm Sara*		

* Fee based class. \$3/class or 10 for \$20 (pay at front desk)

Non-Members can participate on Launch Nights for \$5!

Learn the moves at www.CelebrationFitness.com & www.LesMills.com