



# GROUP FITNESS

## SARASOTA BEE RIDGE

Week of 07/07/25

\*R / Ride GF / Group Fitness HY / Hot Yoga

MORNING



MID-DAY



EVENING



	MONDAY, 07/07/25	TUESDAY, 07/08/25	WEDNESDAY, 07/09/25	THURSDAY, 07/10/25	FRIDAY, 07/11/25	SATURDAY, 07/12/25	SUNDAY, 07/13/25
MORNING	<b>The Ride</b> - R* 5:45 - 45m JAMIE <b>The Ride</b> - R* 8:30 - 45m Pete <b>Flow</b> - HY* 9:00 - 60m Luchana G <b>Work the Room</b> - GF* 9:30 - 30m KAREN <b>Absolution</b> - GF* 10:00 - 30m KAREN <b>EVOLVE: Attitude</b> - GF* 11:30 - 30m Wendy	<b>Flow</b> - HY* 9:00 - 60m Molly Lanners <b>Barbell 30</b> - GF* 9:30 - 30m Valerie K <b>Cardio Tai Box</b> - GF* 10:00 - 30m Valerie K	<b>The Ride</b> - R* 6:00 - 45m CHRISTINA <b>Hot Core</b> - HY* 8:00 - 30m Kathy <b>The Ride</b> - R* 8:30 - 45m KAREN <b>Chisel</b> - GF* 9:30 - 30m Luchana G <b>Ripped Pilates</b> - GF* 10:00 - 30m Luchana G <b>Hatha Flow</b> - GF* 10:30 - 60m JAMIE F.	<b>Fierce</b> - HY* 9:00 - 60m Molly Lanners <b>Beach Workout - Arms &amp; Abs</b> - GF* 9:30 - 30m Katie C <b>Beach Workout - Legs, Core &amp; More</b> - GF* 10:00 - 30m Katie C	<b>The Ride</b> - R* 5:45 - 45m JAMIE <b>Hot Core</b> - HY* 8:00 - 30m Tina R <b>The Ride</b> - R* 8:30 - 45m Donald <b>Slow Burn</b> - GF* 9:30 - 30m Valerie K <b>Fat Burning Pilates</b> - GF* 10:00 - 30m Valerie K <b>Chill the Flow Out Yoga</b> - GF* 10:30 - 60m Aliyah H	<b>The Ride</b> - R* 9:00 - 45m Valerie K <b>Fierce</b> - HY* 10:00 - 60m Molly Lanners <b>ZUMBA @</b> - GF* 10:30 - 60m Nina	<b>Yoga Body Sculpt</b> - GF* 9:00 - 60m Valerie <b>The Ride</b> - R* 10:00 - 45m CHRISTINA
MID-DAY	<b>EVOLVE: Active</b> - GF* 12:00 - 30m Wendy						
EVENING	<b>Hot Pilates Mat</b> - HY* 5:30 - 45m Molly Lanners <b>Hatha Flow</b> - HY* 6:30 - 30m Molly Lanners <b>ZUMBA @</b> - GF* 6:45 - 60m Rose S	<b>Hot Core</b> - HY* 5:30 - 30m Luchana G <b>Flow</b> - HY* 6:00 - 60m Molly <b>Barbell 45</b> - GF* 6:15 - 45m Luchana G	<b>*Special Event* The Ride</b> - R* 5:30 - 45m Taigo K <b>Beach Workout - Arms &amp; Abs</b> - GF* 5:30 - 30m Lisa H <b>Fierce</b> - HY* 5:30 - 60m Molly Lanners <b>10 in 10: Core</b> - GF* 6:00 - 15m Lisa H <b>ZUMBA @</b> - GF* 6:45 - 60m Adriana V	<b>Hot Core</b> - HY* 5:30 - 30m KAREN <b>Flow</b> - HY* 6:00 - 60m Kristen S <b>Beach Workout - Legs, Core &amp; More</b> - GF* 6:00 - 30m KAREN <b>ZUMBA @</b> - GF* 6:45 - 60m Nina			



# CLASS DESCRIPTIONS

# SARASOTA BEE RIDGE

Visit [crunch.com](http://crunch.com) for online schedules and club information. This schedule is subject to change

Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 7:00am - 7:00pm

3762 Bee Ridge Rd | 941.923.4653

**\*Special Event\* The Ride:** Put the pedals to the metal in this fast-paced workout taught on a stationary bike and led by a Crunch Master Instructor. You'll climb, sprint, and train to incredible music and extraordinary instruction.}

**10 in 10: Core:** Got ten minutes? Build a rock-solid midsection in just 10 exercises designed to activate your core and build balance, stability, and overall strength.}

**Absolution:** The perfect core strengthening solution: concentrated ab-centric exercises paired with deep restorative stretching.}

**Barbell 30:** Transform your body and see results quickly in this exclusive barbell based hard core strength workout. Push, pull and lift your way to extreme results. Crush your goals in no time with a mix of both upper and lower body work mixed with challenging core segments designed to rev your metabolism and transform your body!}

**Barbell 45:** Transform your body and see results quickly in this exclusive barbell based hard core strength workout. Push, pull and lift your way to extreme results. Crush your goals in no time with a mix of both upper and lower body work mixed with challenging core segments designed to rev your metabolism and transform your body!}

**Beach Workout - Arms & Abs:** Grab your sunscreen and get ready for a super(set) summer!!! The Beach workout is designed to sculpt your upper body, incorporating "Supersets" to strengthen more muscles in less time. Pair that technique with weighted core blasts to shred your torso and a finisher of six 1-minute Burnout Sets, and this workout will have you feeling the BURN in no time!}

**Beach Workout - Legs, Core & More:** Grab your sunscreen and get ready for a super(set) summer!!! The Beach workout is designed to sculpt not only your assets, but ALL of the muscles in your lower body, incorporating "Supersets" to strengthen more muscles in less time. Pair that technique with fat-torching cardio blasts and a finisher of six 1-minute Burnout Sets, and this workout will have you feeling the BURN in no time!}

**Cardio Tai Box:** A high energy, high impact blend of kicks and punches set to upbeat music. The perfect combination of martial arts, boxing and cardiovascular training.}

**Chill the Flow Out Yoga:** Tune out society's noise and tap into the steadiness and ease of your body's natural rhythms in this slow, powerful yoga flow. Build strength and resilience by creating space in every movement with mindful connection between body and breath. You'll discover ease in your body and stillness in your mind.}

**Chisel:** Use weights and calisthenics to sculpt and shape muscles.}

**EVOLVE: Active:** Become the best version of yourself with EVOLVE: Active! This class designed for Active Older Adults features bursts of diverse low impact exercises designed to protect joints, support bone density, train your balance, and energize your body with multi-level cardio-based exercises to keep your heart healthy and your metabolism firing! Go active and get ready to move!}

**EVOLVE: Attitude:** Join us for this one-of-a-kind dance class for Active Older Adults. Live your life to the fullest and turn it up with a fiercely fun, personality-fueled dance party to energize your body and spirit. This active workout also features core, strength and balance work designed to leave you feeling strong and centered.}

**Fat Burning Pilates:** Calorie burning cardio and pilates based toning combine to maximize your fat burning potential.}

**Fierce:** Take your yoga practice to the next level in this unique class that combines athletic movement, power yoga and balance challenges all taught in a heated studio. Special "fire it up" challenges inserted throughout the workout are designed to challenge both your mind and body. This one of a kind yoga class will leave you with a fierce attitude and a fit body!

Bring your own mat, mat towel, and water bottle}

**Flow:** This Vinyasa flow class will take your yoga to the next level all while practicing in a heated studio. This unique class blends beautiful movements along with music that enhance the experience and will leave your mind in flight as your body flows through this one of a kind yoga sequence.

Bring your own mat, mat towel, and water bottle}

**Hatha Flow:** Yoga that integrates posture, breathing exercises, relaxation and meditation to harmonize you on every level - body, mind and spirit. A delicious, mindful and moving class. All levels welcome.}

**Hot Core:** Set your core on fire with this red-hot training session. Get 360 degrees of core conditioning in a 100-degree studio in a workout that will support, define, and strengthen your entire midsection.

Bring your own mat, mat towel, and water bottle}

**Hot Pilates Mat:** Ignite your core in this full-body Hot Pilates mat workout. Infuse functional fitness with Pilates principles in the infrared heat and fire up your flexibility and mobility while challenging strength and stability. 100-based challenges (reps, breaths, or seconds) in the 100-degree studio bring the heat!

Bring your own mat, mat towel, and water bottle}

**Ripped Pilates:** Get ripped with this bad@\$\$ take on mat Pilates. Not your mama's practice, this format activates the core, builds strength and muscular endurance, and powers through a sweat-inducing energizing flow. You will come away unstoppable!}

**Slow Burn:** Slow down and feel the burn in this class designed to set your glutes on fire. Ignite your workout by using wide bands to tone, shape and sculpt your lower body and core. This workout delivers a one-two punch by using tempo variations and band variations to intensify each work effort.}

**The Ride:** Put the pedals to the metal in this fast-paced workout taught on a stationary bike. You'll climb, sprint, and train to incredible music and extraordinary instruction.}

**Work the Room:** In this jam-packed, wall-to-wall workout, you will Work the Room, exploring every inch of the studio and every piece of equipment available! Push your limits as a team at each station using a variety of equipment and a wide range of strength, cardio, core, and athletic drills. Each successive round of work drops in time but increases in intensity. Help your team push itself to new heights! Work the Room and crush some serious fitness goals!}

**Yoga Body Sculpt:** A strength-building Vinyasa flow class that focuses on sculpting your buns and thighs while flattening your belly and strengthening your core.}

**ZUMBA @:** Fuse hypnotic Latin rhythms and easy-to-follow moves to create a high energy, calorie blasting, total body dance based workout designed to tone your body from head to toe.}