



# GROUP FITNESS

# SARASOTA UNIVERSITY

Week of 05/26/25  
\*GF / Group Fitness R / Ride

MORNING  
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MID-DAY  
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EVENING  
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	MONDAY, 05/26/25	TUESDAY, 05/27/25	WEDNESDAY, 05/28/25	THURSDAY, 05/29/25	FRIDAY, 05/30/25	SATURDAY, 05/31/25	SUNDAY, 06/01/25
	<b>The Ride</b> - R* 9:00 - 45m Donald <b>Legendary Strength</b> - GF* 9:00 - 30m Barbara <b>Ripped Pilates</b> - GF* 9:30 - 30m Barbara <b>Ultimate R&amp;R</b> - GF* 10:00 - 60m BETSY <b>Barre Assets</b> - GF* 11:00 - 30m Barbara <b>EVOLVE: Attitude</b> - GF* 11:30 - 30m Barbara	<b>Top it Off</b> - GF* 9:00 - 30m Valerie K <b>Band Camp</b> - GF* 9:30 - 30m Valerie K <b>Yoga Body Sculpt</b> - GF* 10:00 - 60m BETSY <b>EVOLVE: Attitude</b> - GF* 11:15 - 30m Barbara <b>EVOLVE: Active</b> - GF* 11:45 - 30m Barbara	<b>The Ride</b> - R* 7:00 - 45m ANDREA <b>Aerobics with Attitude</b> - GF* 9:00 - 30m Barbara <b>The Ride</b> - R* 9:00 - 45m Donald <b>Absolution</b> - GF* 9:30 - 30m Barbara <b>Hatha Flow</b> - GF* 10:00 - 60m Alex <b>Ripped Pilates</b> - GF* 11:00 - 30m Peggy <b>EVOLVE: Attitude</b> - GF* 11:30 - 30m Peggy	<b>Top to Bottom Burnout</b> - GF* 9:00 - 30m MARY <b>Absolution</b> - GF* 9:30 - 30m MARY <b>Hatha Flow</b> - GF* 10:00 - 60m LAURA M. <b>EVOLVE: Attitude</b> - GF* 11:15 - 30m Peggy <b>EVOLVE: Active</b> - GF* 11:45 - 30m Peggy	<b>The Ride</b> - R* 7:00 - 45m ANDREA <b>Ripped Pilates</b> - GF* 9:00 - 30m Barbara <b>Yoga Body Sculpt</b> - GF* 9:30 - 60m Valerie <b>ZUMBA @</b> - GF* 10:30 - 60m Krista <b>EVOLVE: Attitude</b> - GF* 11:30 - 30m Barbara	<b>BodyWeb w/ TRX@ Circuit</b> - GF* 9:00 - 30m JENNY <b>Tough20</b> - GF* 9:30 - 30m JENNY <b>ZUMBA @</b> - GF* 10:00 - 60m Krista <b>Yoga Body Sculpt</b> - GF* 11:00 - 60m Chandler B	<b>ZUMBA @</b> - GF* 9:30 - 60m Adriana V <b>Yoga Body Sculpt</b> - GF* 11:00 - 60m BETSY
	<b>EVOLVE: Active</b> - GF* 12:00 - 30m Barbara		<b>EVOLVE: Active</b> - GF* 12:00 - 30m Peggy		<b>EVOLVE: Active</b> - GF* 12:00 - 30m Barbara		
		<b>Top to Bottom Burnout</b> - GF* 5:30 - 30m JENNY <b>Absolution</b> - GF* 6:00 - 30m JENNY <b>ZUMBA @</b> - GF* 6:30 - 60m Nina <b>Chill the Flow Out Yoga</b> - GF* 7:30 - 60m Alex	<b>Ripped Pilates</b> - GF* 5:30 - 30m Peggy <b>The Ride</b> - R* 6:00 - 45m Donald <b>Hatha Flow</b> - GF* 6:00 - 30m Peggy <b>ZUMBA @</b> - GF* 6:30 - 60m Yoli	<b>Barbell 45</b> - GF* 5:45 - 45m Nadia P <b>The Ride</b> - R* 6:00 - 45m Donald <b>ZUMBA @</b> - GF* 6:30 - 60m Adriana V			



# CLASS DESCRIPTIONS

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

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8440 Lockwood Ridge Rd | 941.355.1908

Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Sat - Sun: 7:00am - 7:00pm

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

**Aerobics with Attitude:** Some say leave your attitude at the door, we say bring it to your workout. This free-spirited dance based cardio class will help you lose your inhibitions and let your inner diva run wild. No judgments and no rules guide this all-out crazy workout that kicks more sass than ass.}

**Band Camp:** Get ready for Band Camp! Boost your workout and your backside with this dedicated lower body class that utilizes bands and bodyweight. Chisel your lower body and sculpt your core with unique movements that challenge your muscular endurance, core strength and stability. Band Camp delivers big results!}

**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!}

**Barre Assets:** Combine fat burning exercises with classical ballet movements and leave looking as lean and toned as a prima ballerina.}

**BodyWeb w/ TRX® Circuit:** This circuit training class uses the TRX® and dedicated CARDIO STATIONS to combine strength, balance, and cardio for one kick-butt workout. Partner up and cycle through stations, all done to timed intervals to keep you on your toes!}

**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.}

**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.}

**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.}

**Legendary Strength:** Push your goals with our nonstop total body strength workout. Set up your strength round using moderate weights, then repeat that superset with heavier dumbbells to grow more legendary with every rep! You'll feel empowered (and a little breathless), so get ready to grow stronger with Crunch!}

**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!}

**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.}

**Top it Off:** Shape and sculpt every muscle in your upper body in this two-part, heart-pumping workout. Using weights and isometric exercises, you'll work through a series of sweat inducing exercises to tone and chisel your arms, shoulders, chest, and back.}

**Top to Bottom Burnout:** Break out the booty bands and dumbbells for a hard-hitting infusion of strength to build your bone density and rock-solid confidence! Band together the bottom half, take it to the top with dumbbells, then burn out the combination for an experience your body will remember for days. Bottoms up!}

**Tough20:** Tough 20 will chisel your core with just 20 moves. This all bodyweight core focused class will produce 6 pack ready results in no time. Start at 20 and count your way down to a tight and toned mid-section.}

**Ultimate R&R:** We all need more self-care, more recovery, more rest to continue to be our best. Ultimate R&R provides the break your mind and body need. Take the foot off the accelerator and pump the brakes, focusing on a slower, gentler yoga flow followed by longer-held restorative poses supported by blocks, for the ultimate in rest and recovery.}

**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.}