



GROUP FITNESS

BLOOMINGDALE

Week of 04/28/25

*GF / Group Fitness R / Ride TA / Treadmill Area

MORNING



MID-DAY



EVENING



	MONDAY, 04/28/25	TUESDAY, 04/29/25	WEDNESDAY, 04/30/25	THURSDAY, 05/01/25	FRIDAY, 05/02/25	SATURDAY, 05/03/25	SUNDAY, 05/04/25
MORNING	The Ride - R* 8:15 - 45m Holly H Ripped Pilates - GF* 9:15 - 45m Holly H ZUMBA ® - GF* 10:00 - 60m Gina Chill the Flow Out Yoga - GF* 11:00 - 60m Valerie M	The Ride - R* 5:15 - 45m Darlyne G Barbell 45 - GF* 9:15 - 45m Sanja V ZUMBA ® - GF* 10:00 - 60m Giselle P	P3 Pilates - GF* 8:45 - 45m Valerie M The Ride - R* 9:00 - 45m Mo ZUMBA ® - GF* 9:30 - 60m Jani Ultimate R&R - GF* 10:30 - 60m Valerie M	The Ride - R* 5:15 - 45m Joy Brown Top it Off - GF* 8:45 - 30m Liz Belly, Butt, & Thighs Bootcamp - GF* 9:15 - 30m Liz ZUMBA ® - GF* 9:45 - 60m Liz	Ultimate R&R - GF* 8:15 - 60m Valerie M Ripped Pilates - GF* 9:30 - 45m Valerie M ZUMBA ® - GF* 10:15 - 60m Juju	Chill the Flow Out Yoga - GF* 8:30 - 60m Valerie M Tread Bootcamp - TA* 8:30 - 30m Cynthia P The Ride: Let the Beat Drop - R* 9:00 - 45m Lex ZUMBA ® - GF* 9:30 - 60m Gina	The Ride - R* 9:00 - 45m Krystle Wit a E Hatha Flow - GF* 10:00 - 60m Ane H
MID-DAY							
EVENING	Hatha Flow - GF* 6:00 - 60m Opal ZUMBA ® - GF* 7:00 - 60m Liz The Ride - R* 7:00 - 45m Opal	Barbell 45 - GF* 6:00 - 45m Ondee The Ride - R* 7:00 - 45m Ondee ZUMBA ® - GF* 7:00 - 60m Tatiana	Yoga Body Sculpt - GF* 6:00 - 60m Opal The Ride - R* 7:15 - 45m Alexander V	Hatha Flow - GF* 6:00 - 60m Ella Joint Ventures - GF* 7:15 - 30m Ella	ZUMBA ® - GF* 7:00 - 60m Miguel A		



CLASS DESCRIPTIONS

BLOOMINGDALE

Visit crunch.com for online schedules and club information. This schedule is subject to change

3236 Lithia Pinecrest Rd | 813.381.4106

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

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!}

Belly, Butt, & Thighs Bootcamp: Focus on your lower half in this belly-busting, booty shaping, two-part intensive class that features a series of exercise combinations that target, you guessed it - your belly, butt, and thighs.}

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.}

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.}

Joint Ventures: Improve mobility and flexibility by increasing your range of motion in Joint Ventures! Untwist your upper body, loosen your lower half, then find your flow incorporating the entire body in this innovative spin on mobility. Work up a sweat while improving stamina, strength, flexibility, and balance, all in one 30-minute feel-good session.}

P3 Pilates: Power, Precision, and Progression are the focus of this one-of-a-kind Pilates workout. Grab a mat, a pair of dumbbells and get ready to work through a series of exercises designed to leave you long and lean with a rock-solid core. Take Pilates to the next level using flowing patterns that will demand power and precision while providing progressions that suit all fitness levels.}

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.}

The Ride: Let the Beat Drop: Take it to the CLUB and let your feet sync with the beat as we turn up the volume and get lost in the rhythm of our ride. Your heart rate will be pumping to the bumpin' tunes as our skilled RIDE coaches lead you through a results-driven cycle class using the power of high-energy music to drive your performance.}

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.}

Tread Bootcamp: Ten hut! This hardcore workout brings a high tech touch to traditional boot camp by combining intervals of sprints and climbs on the treadmill with strength training using dumbbells and body bars. If you're ready to soldier through this grueling class, you'll burn calories and tone your entire physique.}

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.}