



GROUP FITNESS

TAMPA PALMS

Week of 04/21/25
*R / Ride GF / Group Fitness

	MONDAY, 04/21/25	TUESDAY, 04/22/25	WEDNESDAY, 04/23/25	THURSDAY, 04/24/25	FRIDAY, 04/25/25	SATURDAY, 04/26/25	SUNDAY, 04/27/25
MORNING 	<p>The Ride - R* 8:30 - 45m Onessa</p> <p>P3 Pilates - GF* 9:30 - 45m Onessa</p>	<p>Belly, Butt, & Thighs Bootcamp - GF* 10:30 - 30m Namgay B</p> <p>Top it Off - GF* 11:00 - 30m Namgay B</p>	<p>The Ride - R* 8:00 - 45m Onessa</p> <p>Yoga Body Sculpt - GF* 11:00 - 60m Bethany M</p>		<p>The Ride - GF* 8:00 - 45m Sharon E</p> <p>Ripped Pilates - GF* 9:00 - 30m Sharon E</p>	<p>Barre Bootcamp - GF* 9:30 - 30m Laura M</p> <p>Ripped Pilates - GF* 10:00 - 30m Laura M</p> <p>Hatha Flow - GF* 10:30 - 60m Danni</p> <p>The Ride - R* 10:45 - 45m Jamie T</p>	
MID-DAY 							
EVENING 	<p>The Ride - R* 6:00 - 45m Jamy</p> <p>Belly, Butt, & Thighs Bootcamp - GF* 6:15 - 30m Laura M</p> <p>Top it Off - GF* 6:45 - 30m Laura M</p> <p>ZUMBA @ - GF* 7:15 - 60m Shawny</p>	<p>The Ride - R* 6:00 - 45m Michael C</p> <p>Barre Bootcamp - GF* 6:00 - 30m Onessa</p> <p>Ripped Pilates - GF* 6:30 - 30m Onessa</p> <p>ZUMBA @ - GF* 7:15 - 60m Durell Lorenzo</p>	<p>The Ride - R* 5:45 - 45m Joneil T</p> <p>Yoga Body Sculpt - GF* 6:00 - 60m Danni</p> <p>ZUMBA @ - GF* 7:15 - 60m Tasha M</p>	<p>P3 Pilates - GF* 6:00 - 45m Onessa</p> <p>The Ride - R* 7:00 - 45m Michael C</p> <p>ZUMBA @ - GF* 7:15 - 60m Leilani M</p>			



CLASS DESCRIPTIONS

TAMPA PALMS

15313 Amberly Dr | 813.609.4710

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

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

Barre Bootcamp: Step up to the BARRE in this high-energy fusion of barre work with segments of strength designed to redefine your limits. Crush those lower body goals with our killer sequence of three barre-based exercises, then crank up the intensity with upper body strength challenges to unleash your powerhouse potential.}

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.}

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.}

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.}

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.}

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.}