



# GROUP FITNESS

## BRADENTON

Week of 07/28/25

\*TA / Treadmill Area GF / Group Fitness

MORNING



MID-DAY



EVENING



|         | MONDAY, 07/28/25   | TUESDAY, 07/29/25   | WEDNESDAY, 07/30/25   | THURSDAY, 07/31/25  | FRIDAY, 08/01/25                               | SATURDAY, 08/02/25                            | SUNDAY, 08/03/25   |
|---------|--|---|---|---|--|---|--|
| MORNING | <b>10 in 10: Foam Roller</b> - GF*<br>9:45 - 15m Laura Ann<br><b>The Ride</b> - GF*<br>10:00 - 45m Laura Ann   | <b>Aerobics with Attitude</b> - GF*<br>9:30 - 30m Caryl H<br><b>Beach Workout - Arms &amp; Abs</b> - GF*<br>10:00 - 30m Caryl H   | <b>10 in 10: Foam Roller</b> - GF*<br>9:45 - 15m Laura Ann<br><b>The Ride</b> - GF*<br>10:00 - 45m Laura Ann                              | <b>Cardio Tai Box</b> - GF*<br>8:30 - 30m Jenna M<br><b>Band Camp</b> - GF*<br>9:00 - 30m Jenna M | <b>Tread Bootcamp</b> - TA*<br>10:00 - 30m Rob | <b>ZUMBA @</b> - GF*<br>10:30 - 60m ShaCoda M | <b>The Ride</b> - GF*<br>8:00 - 45m Laura Ann<br><b>Hatha Flow</b> - GF*<br>9:00 - 60m Dalya A |
| MID-DAY |  |   |   |   |  |   |  |
| EVENING | <b>Beach Workout - Legs, Core &amp; More</b> - GF*<br>5:30 - 30m Laura Ann<br><b>Ripped Pilates</b> - GF*<br>6:00 - 30m Laura Ann<br><b>ZUMBA @</b> - GF*<br>6:30 - 60m Juvy E | <b>The Ride: Let the Beat Drop</b> - GF*<br>5:15 - 45m Karen Marie<br><b>Beach Workout - Arms &amp; Abs</b> - GF*<br>6:00 - 30m Karen Marie<br><b>ZUMBA @</b> - GF*<br>6:30 - 60m ShaCoda M | <b>Chisel</b> - GF*<br>5:30 - 30m Caryl H<br><b>Absolution</b> - GF*<br>6:00 - 30m Caryl H<br><b>ZUMBA @</b> - GF*<br>6:30 - 60m Lauren C | <b>ZUMBA @</b> - GF*<br>6:30 - 60m Rosemary   |  |   |  |



# CLASS DESCRIPTIONS

# BRADENTON

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

4836 14th Street W | 941.216.3854

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

**10 in 10: Foam Roller:** Blast through muscle tightness, find increased mobility, and recover faster than ever in this fast foam rolling session designed to give you more freedom of movement in just 10 minutes.}

**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!}

**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.}

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

**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.}

**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.}

**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.}

**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.}