






GROUP FITNESS

PERIMETER

Week of 07/14/25

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

	MONDAY, 07/14/25	TUESDAY, 07/15/25	WEDNESDAY, 07/16/25	THURSDAY, 07/17/25	FRIDAY, 07/18/25	SATURDAY, 07/19/25	SUNDAY, 07/20/25
MORNING 		Ripped Pilates - GF* 7:00 - 45m Kellie B		Ripped Pilates - GF* 7:00 - 45m Kellie B		Hatha Flow - GF* 10:00 - 60m Shannon The Ride - R* 11:00 - 45m Nina	Tough Tread - TA* 10:00 - 45m Dre Yoga Body Sculpt - GF* 11:00 - 60m Dre
MID-DAY 							
EVENING 	Tough Tread - TA* 5:15 - 45m Mya The Instructor P3 Pilates - GF* 6:00 - 45m Chanda E The Ride: Let the Beat Drop - R* 6:15 - 45m Redina P So You Think You Can't Dance - GF* 7:00 - 60m JR	Legendary Strength - GF* 6:15 - 45m Jas ZUMBA ® - GF* 7:00 - 60m Kaitlyn C The Ride - R* 7:15 - 45m Jas	Tough Tread - TA* 5:15 - 45m Dre Yoga Body Sculpt - GF* 6:00 - 60m Dre Ripped Pilates - GF* 7:00 - 45m Kathy	P3 Pilates - GF* 6:00 - 45m Buffy The Ride: Let the Beat Drop - R* 6:15 - 45m Carla R Yoga Body Sculpt - GF* 7:00 - 60m Shannon			



CLASS DESCRIPTIONS

PERIMETER

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

4540 Olde Perimeter Way | 678.273.3610

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

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!}

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.}

So You Think You Can't Dance: Bring the magic of dancing back with this cardio dance class which combines easy to follow moves with fun choreography. This non stop format, will have you dancing and grooving to original music while breaking a sweat and having fun! Think you CAN'T dance? Think again!}

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.}

Tough Tread: Take the dread out of treadmill training in this challenging format where YOU define toughness! Pyramid work segments on the treadmill alternate with segments of heavy upper body dumbbell work off the treadmill to maximize your fitness. Whether you're a walking warrior or an avid runner, time flies by in this fiercely fun cardio and strength blast that reveals your drive and determination!}

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.}