



GROUP FITNESS

CHAMBLEE

Week of 06/23/25

*R / Ride Studio GF / Group Fitness

	MONDAY, 06/23/25	TUESDAY, 06/24/25	WEDNESDAY, 06/25/25	THURSDAY, 06/26/25	FRIDAY, 06/27/25	SATURDAY, 06/28/25	SUNDAY, 06/29/25
MORNING 	The Ride - R* 7:00 - 45m Bernex R ZUMBA @ - GF* 9:30 - 60m Prescott Chill the Flow Out Yoga - GF* 10:45 - 60m Shannon	Barbell 45 - GF* 8:00 - 45m Jayson Ripped Pilates - GF* 9:30 - 45m Kellie B	Chisel - GF* 9:30 - 30m Nancy Absolution - GF* 10:00 - 30m Nancy	Barbell 45 - GF* 7:00 - 45m Jayson Legendary Strength - GF* 9:30 - 45m Josie V	The Ride - R* 7:00 - 45m Bernex R P3 Pilates - GF* 9:30 - 45m Francesca	Barbell 45 - GF* 9:00 - 45m Lynda B ZUMBA @ - GF* 10:00 - 60m Juan C Chill the Flow Out Yoga - GF* 11:00 - 60m Yulia C	ZUMBA @ - GF* 10:00 - 60m Prescott Yoga Body Sculpt - GF* 11:15 - 60m Nisah
MID-DAY 							
EVENING 	Barbell 45 - GF* 5:00 - 45m Joanna BodyWeb w/ TRX® Circuit - GF* 6:00 - 30m Joanna Absolution - GF* 6:30 - 30m Joanna ZUMBA @ - GF* 7:00 - 60m Juan C	Barbell 45 - GF* 6:00 - 45m Lynda B The Ride: Let the Beat Drop - GF* 6:15 - 45m Redina P So You Think You Can't Dance - GF* 7:00 - 60m Mya The Instructor	P3 Pilates - GF* 6:00 - 45m JC ZUMBA @ - GF* 7:15 - 60m Quanny	Barbell 45 - GF* 6:00 - 45m Lynda B ZUMBA @ - GF* 7:15 - 60m Quanny			



CLASS DESCRIPTIONS

CHAMBLEE

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

5508 Peachtree Blvd | 470.359.4499

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.}

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!}

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.}

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

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.}

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.}