



GROUP FITNESS

CHANNELSIDE

Week of 04/21/25

*R / Ride Y / Hot Yoga GF / Group Fitness

MORNING



MID-DAY



EVENING



	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	Barre Bootcamp - GF* 7:00 - 45m Lola R Hot MYO® Asana - GF* 8:00 - 60m Lola R	True North: Mandala Flow - Y* 7:15 - 60m Gal G	Fierce - Y* 5:30 - 60m Thanecha Hatha Flow - Y* 7:00 - 60m Lola R	Barre Bootcamp - GF* 7:00 - 30m Holly H Ripped Pilates - GF* 7:30 - 45m Holly H Chill the Flow Out Yoga - GF* 8:30 - 60m Gal G	Hot Pilates Mat - Y* 7:15 - 45m Gal G	Hot MYO® Asana - GF* 8:15 - 60m Lola R Foundation - Y* 9:15 - 60m Lola R The Ride - R* 9:15 - 45m Lisa G Barre Bootcamp - GF* 10:30 - 30m Thanecha Fierce - Y* 11:00 - 60m Thanecha	Flow - Y* 8:00 - 60m Christina F The Ride: Higher Ground - R* 8:30 - 45m Natasha F Hot Core - Y* 9:30 - 30m Natasha F Foundation - Y* 10:00 - 60m Natasha F Flow - Y* 11:00 - 60m Natasha F
MID-DAY	Hot Athlete - Y* 12:00 - 45m Katharine W	Flow - Y* 12:15 - 60m Izzy					
EVENING	The Ride: Heavy Mileage - R* 5:45 - 45m Tracey R Barre Bootcamp - Y* 6:00 - 30m Holly H ReFORM Pilates - GF* 6:30 - 30m Holly H Flow - Y* 7:15 - 60m Christina F	P3 Pilates - GF* 5:30 - 45m Naeema N Hot Athlete - Y* 6:15 - 45m Naeema N The Ride: Heavy Mileage - R* 7:00 - 45m Lisa G Foundation - Y* 7:45 - 60m Erin D	Fierce - Y* 6:00 - 60m Thanecha The Ride: Let the Beat Drop - R* 7:15 - 45m Tessa Hot HIIT - Y* 7:15 - 30m Thanecha Foundation - Y* 8:00 - 60m Thanecha	Hot Core - GF* 5:45 - 30m Holly H Hot Pilates Mat - GF* 6:15 - 45m Holly H Flow - Y* 7:15 - 60m Christina F The Ride - R* 7:15 - 45m Naeema N	Hot HIIT - GF* 6:00 - 30m Marcelino V Flow - Y* 6:30 - 60m Marcelino V		



CLASS DESCRIPTIONS

CHANNELSIDE

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

1120 E Kennedy Blvd | 813.443.9102

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

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.}

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.}

Fierce: Take your yoga practice to the next level in this unique class that combines athletic movement, power yoga and balance challenges all taught in a heated studio. Special "fire it up" challenges inserted throughout the workout are designed to challenge both your mind and body. This one of a kind yoga class will leave you with a fierce attitude and a fit body!

Bring your own mat, mat towel, and water bottle}

Flow: This Vinyasa flow class will take your yoga to the next level all while practicing in a heated studio. This unique class blends beautiful movements along with music that enhance the experience and will leave your mind in flight as your body flows through this one of a kind yoga sequence.

Bring your own mat, mat towel, and water bottle}

Foundation: Build your practice - build the foundation. Foundation focuses on a sequence of basic yoga poses taught in a heated studio. Level options are offered in this unique class that is great for new yoga fans and also experienced yoga fanatics.

Bring your own mat, mat towel, and water bottle}

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.}

Hot Athlete: Pour the heat on in this workout designed for the whole athlete. This wicked workout incorporating mobility, strength, amped up cardio, flexibility and core, in conjunction with the therapeutic effects of 100-degrees of infrared heat, creates a total body reset that will make you feel strong, loose, and long.

Bring your own mat, mat towel, and water bottle}

Hot Core: Set your core on fire with this red-hot training session. Get 360 degrees of core conditioning in a 100-degree studio in a workout that will support, define, and strengthen your entire midsection.

Bring your own mat, mat towel, and water bottle}

Hot HIIT: Ignite the fire, then freeze in this hot take on HIIT. In this 100-degree infrared experience, rounds of HIIT based athletic exercise variations alternate with core stability movements to create an energizing workout that will challenge your stamina and build your endurance.

Bring your own mat, mat towel, and water bottle}

Hot MYO@ Asana: This class harmonizes body and mind through a unique combination of Myofascial Release and Yoga Flow. Designed to decrease stress and tension, this transformative experience also enhances flexibility and mobility. You'll begin with targeted myofascial release using the Myobility® Bar to ease muscle tightness, then transition into soothing yoga poses that stretch and strengthen. Embrace a rejuvenating practice that leaves your entire being feeling balanced, refreshed, and renewed.}

Hot Pilates Mat: Ignite your core in this full-body Hot Pilates mat workout. Infuse functional fitness with Pilates principles in the infrared heat and fire up your flexibility and mobility while challenging strength and stability. 100-based challenges (reps, breaths, or seconds) in the 100-degree studio bring the heat!

Bring your own mat, mat towel, and water bottle}

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.}

ReFORM Pilates: Get strong from the inside out with this mind body based class that utilizes the Slastix by Stroops to maximize your workout potential. This fusion class has elements of Pilates Reformer, Pilates Mat and Fitness with a fun beat that will get you sweaty and always returning for more.}

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: Heavy Mileage: Put the pedals to the metal in this interval based workout. You will work in dedicated rounds of cardio and endurance on the bike and then you will dismount and kick it up a notch by adding weights into the mix. Weighted rounds are performed off the bike for maximum performance. Get ready to take on this challenge. Are you ready for heavy mileage?}

The Ride: Higher Ground: Take it to HIGHER GROUND as a true cyclist in this POWER-ful Ride experience. Focus on a series of steep hill intervals and grueling climbs while meeting or beating your personal best efforts in this demanding Ride. You'll create strong, lean, powerful muscles while mastering your mindset in this rewarding workout. Celebrate becoming Monarch of the Mountain!}

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.}

True North: Mandala Flow: Travel your mat and find your true north in this centering, creative 60-minute vinyasa flow. At each directional point, explore strength, balance, core, and breath for a fully-rounded discovery of the self and a sense of balance for both mind and body}