



GROUP FITNESS

RIVERVIEW

Week of 04/28/25
*GF / Group Fitness R / Ride

MORNING



MID-DAY



EVENING



	MONDAY, 04/28/25	TUESDAY, 04/29/25	WEDNESDAY, 04/30/25	THURSDAY, 05/01/25	FRIDAY, 05/02/25	SATURDAY, 05/03/25	SUNDAY, 05/04/25
MORNING	Top it Off - GF* 9:00 - 30m Jirina H The Ride - R* 9:00 - 45m Opal Belly, Butt, & Thighs Bootcamp - GF* 9:30 - 30m Jirina H ZUMBA @ - GF* 10:00 - 60m Aixa H Chill the Flow Out Yoga - GF* 11:00 - 60m Opal	The Ride - R* 5:15 - 45m Alexander V The Ride - R* 8:15 - 45m Opal Barbell Battleground - GF* 9:00 - 45m Janice ZUMBA @ - GF* 10:00 - 60m Jani	The Ride - R* 5:15 - 45m Joy Brown Ripped Pilates - GF* 9:00 - 45m Lex The Ride: Let the Beat Drop - R* 10:00 - 45m Lex Hatha Flow - GF* 11:00 - 60m Brenda P	The Ride: Higher Ground - R* 5:15 - 45m Alexander V Barbell 45 - GF* 6:15 - 45m Alexander V Barbell 45 - GF* 8:45 - 45m Shawn Absolution - GF* 9:30 - 30m Shawn The Ride - R* 10:00 - 45m Shurlene A	Barbell 45 - GF* 5:30 - 45m Alexander V Absolution - GF* 6:15 - 30m Alexander V The Ride: Let the Beat Drop - R* 8:45 - 45m Gina ZUMBA @ - GF* 10:00 - 60m Hansy D Hatha Flow - GF* 11:00 - 60m Brenda P	Ultimate R&R - GF* 8:00 - 60m Natasha F Barbell 45 - GF* 9:00 - 45m Natasha F The Ride - R* 9:15 - 45m Alexander V ZUMBA @ - GF* 10:15 - 60m LaQuinta S	The Ride - R* 8:45 - 45m Jevon J ZUMBA @ - GF* 10:00 - 60m Carlene R
MID-DAY							
EVENING	Yoga Body Sculpt - GF* 6:00 - 60m Eboni M The Ride: Higher Ground - R* 6:15 - 45m Valerie S ZUMBA @ - GF* 7:15 - 60m Zee	Top to Bottom Burnout - GF* 6:00 - 30m Zee Ripped Pilates - GF* 6:30 - 45m Zee ZUMBA @ - GF* 7:15 - 60m Jeji	Legendary Strength - GF* 5:45 - 30m Natasha F The Ride: Higher Ground - GF* 6:15 - 45m Natasha F Chill the Flow Out Yoga - GF* 7:15 - 60m Natasha F	Top to Bottom Burnout - GF* 5:45 - 30m Valerie S Absolution - GF* 6:15 - 30m Valerie S So You Think You Can't Dance - GF* 7:15 - 60m Zee			



CLASS DESCRIPTIONS

RIVERVIEW

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

10615 Big Bend Road | 813.488.1118

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!}

Barbell Battleground: Enter the barbell battleground for a total body strength workout that will leave you strong and streamlined. Utilizing an adjustable barbell, resistance band, and plates, this workout will test your limits with a mix of strength training techniques designed to maximize both reps and results.}

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.}

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.}

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!}

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: 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.}

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.}

Top to Bottom Burnout: Break out the booty bands and dumbbells for a hard-hitting infusion of strength to build your bone density and rock-solid confidence! Band together the bottom half, take it to the top with dumbbells, then burn out the combination for an experience your body will remember for days. Bottoms up!}

Ultimate R&R: We all need more self-care, more recovery, more rest to continue to be our best. Ultimate R&R provides the break your mind and body need. Take the foot off the accelerator and pump the brakes, focusing on a slower, gentler yoga flow followed by longer-held restorative poses supported by blocks, for the ultimate in rest and recovery.}

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.}