



GROUP FITNESS

SNELLVILLE

Week of 05/05/25
*R / Ride GF / Group Fitness

	MONDAY, 05/05/25	TUESDAY, 05/06/25	WEDNESDAY, 05/07/25	THURSDAY, 05/08/25	FRIDAY, 05/09/25	SATURDAY, 05/10/25	SUNDAY, 05/11/25
MORNING 	Stacked - GF* 9:00 - 30m Neicy Stripped-Down Strength - GF* 9:30 - 30m Neicy ZUMBA @ - GF* 10:00 - 60m Neicy	The Ride: Higher Ground - R* 9:00 - 45m Coach April Barbell Battleground - GF* 10:00 - 45m Coach April	Chisel - GF* 9:00 - 30m Neicy Cardio Tai Box - GF* 9:30 - 30m Neicy Yoga Body Sculpt - GF* 10:00 - 60m Neicy	The Ride - R* 9:00 - 45m Coach April So You Think You Can't Dance - GF* 10:00 - 60m Ariel C	ZUMBA @ - GF* 10:00 - 60m Janice S	Yoga Body Sculpt - GF* 9:00 - 60m Michelle T The Ride: Let the Beat Drop - R* 9:00 - 45m Tomika BodyWeb w/ TRX® Circuit - GF* 10:00 - 30m Sundae Hardcore 360-3X - GF* 10:30 - 30m Sundae	Loaded Yoga - GF* 10:00 - 30m Netta Fat Burning Pilates - GF* 10:30 - 30m Netta
MID-DAY 							
EVENING 	Transform it: Strong - GF* 6:00 - 30m Anita M Transform it: Core - GF* 6:30 - 30m Anita M ZUMBA @ - GF* 7:00 - 60m Isobel The Ride: Higher Ground - R* 7:00 - 45m Stephanie	Barbell Battleground - GF* 6:00 - 45m Anita M The Ride: Let the Beat Drop - R* 6:00 - 45m Latoya L Ripped Pilates - GF* 7:00 - 45m Netta	30 Second Solution - GF* 6:00 - 45m Sundae The Ride: Higher Ground - R* 7:00 - 45m Sundae So You Think You Can't Dance - GF* 7:00 - 60m Skye	Barbell 45 - GF* 6:00 - 45m Sundae Yoga Body Sculpt - GF* 7:00 - 60m Michelle T			



CLASS DESCRIPTIONS

SNELLVILLE

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

1175 Scenic Hwy South | 470.395.3029

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

30 Second Solution: Find your 30-Second Solution to success! Work through single, double and triple stacks with a partner in this singular fitness solution that challenges your body in a flurry of 30-second work segments. Designed as a total body workout encompassing cardio, core, strength and mobility, this 45-minute class packs a punch. Blaze through four blocks of SUPER STACKS and finish feeling invincible with your new favorite workout solution!}

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.}

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!}

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.}

Fat Burning Pilates: Calorie burning cardio and pilates based toning combine to maximize your fat burning potential.}

Hardcore 360-3X: Go hardcore in this total body workout! Using dedicated work efforts designed to deliver high intensity cardio, challenging strength segments and a killer core workout, Hardcore 360-3X delivers a serious heart calorie burning workout designed push your workout to the max! This focused workout features three dedicated 45 second work efforts in each round that will burn, cut and chisel your way to a hardcore body.}

Loaded Yoga: Take your yoga practice to the next level in this unique class that combines flexibility and strength. This unique class links the mind and body in a totally different way delivering a challenge to remember. Start by introducing a sequence of poses "UNLOADED" with no weights and then take it to the next level as you "LOAD" the same sequence for a challenge that demands control from both the mind and body.}

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!}

Stacked: Take your workout to new heights as you layer stack upon stack of cardio and weight exercises. Build your way to the top of the pyramid with increasing time and exercise intensity along the way and prepare to dig deep to work your way back down. Let's see how you Stack up.}

Stripped-Down Strength: Accumulate endurance and accumulate results with this innovative body-shredding bodyweight blast! A great complement to heavy lifting, volume training allows for more reps and sets to failure while giving connective tissue a break. Shake it up with bursts of plyometric exercises to boost your energy and build bone density. Shift your body composition like never before with Stripped-Down Strength!}

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.}

Transform it: Core: Transform It: Core brings a dynamic dimension to training the midsection! Using our adjustable decks, work with and against gravity for added intensity and depth and range of motion that will target every core muscle group, from your obliques to your back extensors. Get a new angle on training and experience your core like never before!}

Transform it: Strong: Transform your fitness with the power of adjustable decks and dumbbells! Elevate your upper half and level up your lower body with dedicated rounds of work to leave you sculpted and lean. Explore the intensity of the incline and dig into the decline as you morph your way to your most powerful body!}

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.}