



GROUP FITNESS

SEMINOLE

Week of 05/05/25

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

	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 ☀️	Tread N Shed - TA* 8:30 - 30m Malyna R Stacked - GF* 9:00 - 30m Gaby Absolution - GF* 9:30 - 30m Gaby ZUMBA @ - GF* 10:00 - 60m Marcela A	The Ride - Rd* 8:30 - 45m Malyna R Barbell Bound - GF* 9:30 - 45m Marcela A Joint Ventures - GF* 10:15 - 30m Marcela A	Top to Bottom Burnout - GF* 9:00 - 30m Stephanie F Absolution - GF* 9:30 - 30m Stephanie F	The Ride - Rd* 6:00 - 45m Malyna R The Ride - Rd* 8:30 - 45m Lisa M Barbell 45 - GF* 9:15 - 45m Wayne K True North: Mandala Flow - GF* 10:00 - 60m Julia G	Tread N Shed - TA* 8:30 - 30m Malyna R Chisel - GF* 9:00 - 30m Gina D Fat Burning Pilates - GF* 9:30 - 30m Gina D ZUMBA @ - GF* 10:00 - 60m Marcela A	The Ride - Rd* 8:30 - 45m Marcela A Barbell 45 - GF* 9:15 - 45m Karina G ZUMBA @ - GF* 10:00 - 60m Kim T	The Ride - Rd* 9:00 - 45m Kathern N Chill the Flow Out Yoga - GF* 10:00 - 60m Kathern N
MID-DAY ☀️							
EVENING 🌙	Top to Bottom Burnout - GF* 5:30 - 30m Marcela A 10 in 10: Core - GF* 6:00 - 15m Marcela A The Ride - Rd* 6:30 - 45m Malyna R	BodyWeb w/ TRX® Circuit - GF* 5:30 - 30m Wayne K 10 in 10: Core - GF* 6:00 - 15m Wayne K	Barbell 45 - GF* 5:30 - 45m Marcela A The Ride - Rd* 6:30 - 45m Gaby				



CLASS DESCRIPTIONS

SEMINOLE

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

10781 Park Blvd | 727.289.6174

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

10 in 10: Core: Got ten minutes? Build a rock-solid midsection in just 10 exercises designed to activate your core and build balance, stability, and overall strength.}

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 Bound: Bound for time? Bound for results? You're bound to raise the bar in this singular workout that combines two types of strength training. Lift your way through barbell sets alternated with bound rounds and burnout sets utilizing heavy resistance bands to produce a grueling workout that will leave you unbelievably strong, focused and barbell bound}

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.}

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

Joint Ventures: Improve mobility and flexibility by increasing your range of motion in Joint Ventures! Untwist your upper body, loosen your lower half, then find your flow incorporating the entire body in this innovative spin on mobility. Work up a sweat while improving stamina, strength, flexibility, and balance, all in one 30-minute feel-good session.}

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.}

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.}

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!}

Tread N Shed: This bad@ss cardio class will put you on the treadmill to melt away calories. In it, you'll use sprints and slow walks with varying speeds and ramp heights to get a workout that's got all the ups and downs of a roller coaster.}

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}

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.}