



GROUP FITNESS

BELLE ISLE

Week of 05/05/25

*GF / Group Fitness TA / Treadmill Area

MORNING



MID-DAY



EVENING



	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	Tough Tread - TA* 6:00 - 45m Breanna M P3 Pilates - GF* 8:00 - 45m Breanna M	Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Tiffany A Top it Off - GF* 9:30 - 30m Tiffany A	Tough Tread - TA* 6:00 - 45m Breanna M Tough Tread - TA* 8:00 - 45m Breanna M				Yoga Body Sculpt - GF* 9:30 - 60m Ayla
MID-DAY							
EVENING	Chisel - GF* 6:30 - 30m Tiffany A Absolution - GF* 7:00 - 30m Tiffany A ZUMBA ® - GF* 7:30 - 60m Christian G	Tough Tread - TA* 6:45 - 45m Breanna M ZUMBA ® - GF* 7:30 - 60m Ambar L	P3 Pilates - GF* 6:45 - 45m Ebony B ZUMBA ® - GF* 7:30 - 60m Christian G	Cardio Tai Box Loaded - GF* 6:30 - 30m Ebony B Absolution - GF* 7:00 - 30m Ebony B ZUMBA ® - GF* 7:30 - 60m Ambar L	ZUMBA ® - GF* 6:30 - 60m Ambar L		



CLASS DESCRIPTIONS

BELLE ISLE

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

4400 Hoffner Ave | 407.278.7044

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.}

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.}

Cardio Tai Box Loaded: Get ready to sweat in this remixed version of Cardio Tai Box. Hit, kick and punch your way through dedicated cardio rounds mixed with high rep low weight work designed to give your workout the maximum punch. Rounds of super high intensity cardio mixed with targeted upper body sculpting makes Cardio Tai Box Loaded the winner of the bout. This workout packs a punch!}

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

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.}

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.}

Tough Tread: Take the dread out of treadmill training in this challenging format where YOU define toughness! Pyramid work segments on the treadmill alternate with segments of heavy upper body dumbbell work off the treadmill to maximize your fitness. Whether you're a walking warrior or an avid runner, time flies by in this fiercely fun cardio and strength blast that reveals your drive and determination!}

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.}