



GROUP FITNESS

LAKE NONA™

Week of 04/21/25

*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
	ZUMBA ® - GF* 10:00 - 60m Ana Z	Top to Bottom Burnout - GF* 9:00 - 30m Luis E	Legendary Strength - GF* 10:00 - 45m Yanira R ZUMBA ® - GF* 10:45 - 60m Marixa	Loaded Yoga - GF* 9:00 - 30m Karina A	Top to Bottom Burnout - GF* 10:00 - 30m Karina A ZUMBA ® - GF* 10:30 - 60m Mafer	Barbell 45 - GF* 8:30 - 45m Christopher B ZUMBA ® - GF* 9:30 - 60m Mari R Yoga Body Sculpt - GF* 10:45 - 60m Dani	ZUMBA ® - GF* 10:00 - 60m Kiara M Yoga Body Sculpt - GF* 11:15 - 60m Kiara M
	Barbell 30 - GF* 6:30 - 30m Yanira R ZUMBA ® - GF* 7:30 - 60m Andrea G	Top to Bottom Burnout - GF* 6:30 - 30m Karina A Loaded Yoga - GF* 7:00 - 30m Karina A ZUMBA ® - GF* 7:30 - 60m David C	Barbell 30 - GF* 6:30 - 30m Josie ZUMBA ® - GF* 7:30 - 60m Marissabel M	Loaded Yoga - GF* 6:30 - 30m Karina A Top to Bottom Burnout - GF* 7:00 - 30m Karina A ZUMBA ® - GF* 7:30 - 60m David C	ZUMBA ® - GF* 7:00 - 60m Alejandro V		



CLASS DESCRIPTIONS

LAKE NONA™

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

11926 Narcoossee Road | 407.313.2239

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

Barbell 30: 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 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!}

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!}

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.}

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!}

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.}