



GROUP FITNESS

COUNTRYSIDE

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

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	ZUMBA ® - GF* 10:00 - 60m Lori P Hatha Flow - GF* 11:15 - 60m Lidija I	Rapid Ride - R* 8:15 - 30m Anna K P3 Pilates - GF* 9:00 - 45m Anna K	ZUMBA ® - GF* 10:00 - 60m Carmen V	Rapid Ride - GF* 8:15 - 30m Anna K Fat Burning Pilates - GF* 9:00 - 30m Anna K Top it Off - GF* 9:30 - 30m Anna K	ZUMBA ® - GF* 9:30 - 60m Tiffany G Hatha Flow - GF* 11:00 - 60m Sean S	Strong Nation® - GF* 9:00 - 30m Alicia R Top it Off - GF* 9:30 - 30m Alicia R The Ride - R* 9:30 - 45m Sean S ZUMBA ® - GF* 10:00 - 60m Shawny Chill the Flow Out Yoga - GF* 11:00 - 60m Kathern N	The Ride - R* 8:15 - 45m Jessica M Ultimate R&R - GF* 9:30 - 60m Lidija I ZUMBA ® - GF* 11:00 - 60m Lynn S
MID-DAY							
EVENING	Belly, Butt, & Thighs Bootcamp - GF* 6:00 - 30m Alicia R Top it Off - GF* 6:30 - 30m Alicia R ZUMBA ® - GF* 7:00 - 60m Alyssa M The Ride - R* 7:15 - 45m Alicia R Chill the Flow Out Yoga - GF* 8:15 - 60m Lidija I	Legendary Strength - GF* 6:00 - 30m Kathern N The Ride - R* 6:15 - 45m Stacy B Absolution - GF* 6:30 - 30m Kathern N ZUMBA ® - GF* 7:15 - 60m Tiffany G	Tread N Shed - GF* 5:30 - 30m Jill M P3 Pilates - GF* 6:00 - 45m Jill M ZUMBA ® - GF* 7:00 - 60m Peter C Chill the Flow Out Yoga - GF* 8:15 - 60m Denise K	The Ride - R* 6:15 - 45m Alicia R Dance to HIIT - GF* 6:30 - 30m Jill M ZUMBA ® - GF* 7:00 - 60m Melissa C			



CLASS DESCRIPTIONS

COUNTRYSIDE

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

2591 State Road 580 | 727.509.3033

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.}

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.}

Dance to HIIT: Hit the dance floor in this unique class that features high energy cardio dance combinations mixed with a touch of strength and core. Move, groove and shake your way to a total body workout. Listen to the latest hits and get ready to Dance to HIIT.}

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

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!}

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.}

Rapid 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 all in 30mins!}

Strong Nation®: STRONG NATION® combines high intensity interval training (HIIT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that will push you past your perceived limits, to reach your most ambitious fitness goals faster. The music in STRONG NATION® was crafted to drive the intensity of the class in a challenging progression that provides a total body workout. The result? A group fitness experience like no other. Get fitter. Get faster. Get stronger.}

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 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.}

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.}

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.}

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.}