



GROUP FITNESS

LAKEWOOD RANCH

Week of 05/12/25
*GF / Group Fitness R / Ride

MORNING



MID-DAY



EVENING



	MONDAY, 05/12/25	TUESDAY, 05/13/25	WEDNESDAY, 05/14/25	THURSDAY, 05/15/25	FRIDAY, 05/16/25	SATURDAY, 05/17/25	SUNDAY, 05/18/25
	The Ride - R* 7:00 - 45m Debbie Barbell 45 - GF* 9:00 - 45m Hayley Ripped Pilates - GF* 9:45 - 45m Hayley EVOLVE: Attitude - GF* 10:30 - 30m Hayley EVOLVE: Active - GF* 11:00 - 30m Hayley	The Ride - R* 7:00 - 45m Donald Chisel - GF* 9:00 - 30m Barbara Absolution - GF* 9:30 - 30m Barbara Barre Bootcamp - GF* 10:00 - 30m Barbara	Barbell 45 - GF* 8:00 - 45m Debbie Legendary Strength - GF* 9:00 - 45m Hayley The Ride: Let the Beat Drop - R* 9:30 - 45m Amanda Ripped Pilates - GF* 9:45 - 45m Hayley ZUMBA ® - GF* 10:30 - 60m Mimi	The Ride - R* 7:00 - 45m Glenn 30 Second Solution - GF* 9:00 - 45m Hayley Barre Bootcamp - GF* 9:45 - 45m Hayley EVOLVE: Attitude - GF* 10:30 - 30m Barbara EVOLVE: Active - GF* 11:00 - 30m Barbara	The Ride - R* 7:00 - 45m Debbie Barbell 45 - GF* 9:00 - 45m Debbie The Ride - R* 9:30 - 45m Amanda Absolution - GF* 9:45 - 30m Michaela Cardio Tai Box - GF* 10:15 - 30m Michaela	The Ride - R* 9:00 - 45m April Barbell 45 - GF* 9:00 - 45m Michelle ZUMBA ® - GF* 10:30 - 60m Silvia	Yoga Body Sculpt - GF* 8:30 - 60m Alex The Ride - R* 9:00 - 45m Mr. H ZUMBA ® - GF* 9:30 - 60m Yoli
	Ripped Pilates - GF* 5:45 - 45m Tish The Ride - R* 6:30 - 45m Mr. H ZUMBA ® - GF* 6:30 - 60m Dasha	Chisel - GF* 5:45 - 30m Donald The Ride - R* 6:30 - 45m Donald ZUMBA ® - GF* 6:30 - 60m Taidy	Barre Bootcamp - GF* 5:45 - 45m Tish The Ride: Let the Beat Drop - R* 6:30 - 45m Tish ZUMBA ® - GF* 6:30 - 60m Silvia	Legendary Strength - GF* 5:45 - 45m Rulee S ZUMBA ® - GF* 6:30 - 60m Yoli	ZUMBA ® - GF* 6:30 - 60m Camilla		



CLASS DESCRIPTIONS

LAKEWOOD RANCH

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

8475 Heritage Green Way | 941.714.4810

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!}

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!}

Barre Bootcamp: Step up to the BARRE in this high-energy fusion of barre work with segments of strength designed to redefine your limits. Crush those lower body goals with our killer sequence of three barre-based exercises, then crank up the intensity with upper body strength challenges to unleash your powerhouse potential.}

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.}

EVOLVE: Active: Become the best version of yourself with EVOLVE: Active! This class designed for Active Older Adults features bursts of diverse low impact exercises designed to protect joints, support bone density, train your balance, and energize your body with multi-level cardio-based exercises to keep your heart healthy and your metabolism firing! Go active and get ready to move!}

EVOLVE: Attitude: Join us for this one-of-a-kind dance class for Active Older Adults. Live your life to the fullest and turn it up with a fiercely fun, personality-fueled dance party to energize your body and spirit. This active workout also features core, strength and balance work designed to leave you feeling strong and centered.}

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!}

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!}

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: 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.}

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.}