



GROUP FITNESS

ROSWELL

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

| | 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 |
|-------------|--|---|--|---|---|---|------------------|
| MORNING | Ripped Pilates - GF* 9:00 - 45m Bianca P | Barbell Bound - GF* 9:00 - 45m Paty Q | Ripped Pilates - GF* 9:00 - 45m Bianca P | Barbell Bound - GF* 9:00 - 45m Paty Q | Barbell 45 - GF* 8:00 - 45m Lauri | Chill the Flow Out Yoga - GF* 10:30 - 60m Pure | |
| MID-DAY | | | | | | | |
| EVENING | Barbell 45 - GF* 5:30 - 45m Laura Ripped Pilates - GF* 6:30 - 45m America I | ZUMBA ® - GF* 6:00 - 60m Paty Q Chill the Flow Out Yoga - GF* 7:00 - 60m Bianca P | Barbell 45 - GF* 5:30 - 45m Paty Q Ripped Pilates - GF* 6:30 - 45m Bianca P | ZUMBA ® - GF* 6:00 - 60m Juan C Chill the Flow Out Yoga - GF* 7:00 - 60m Bianca P | | | |



CLASS DESCRIPTIONS

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

625 Holcomb Bridge Road | 470.300.2400
Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Sat - Sun: 7:00am - 7:00pm

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!}

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.}

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!}

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.}