






# GROUP FITNESS

## CASSELBERRY

Week of 05/26/25

\*GF / Group Fitness

|  | MONDAY, 05/26/25 | TUESDAY, 05/27/25   | WEDNESDAY, 05/28/25  | THURSDAY, 05/29/25   | FRIDAY, 05/30/25                          | SATURDAY, 05/31/25                                    | SUNDAY, 06/01/25                         |
|--|------------------|---|--|--|---|---|--|
| MORNING<br>   |                  | <b>Ripped Pilates</b> - GF*<br>9:00 - 45m Marie D   |  | <b>Top to Bottom Burnout</b> - GF*<br>9:00 - 30m Laura M<br><b>Absolution</b> - GF*<br>9:30 - 30m Laura M  |   | <b>Yoga Body Sculpt</b> - GF*<br>10:00 - 60m Rokaya M | <b>ZUMBA ®</b> - GF*<br>10:00 - 60m Tani |
| MID-DAY<br>   |                  |   |  |  |   |   |  |
| EVENING<br> |                  | <b>Ripped Pilates</b> - GF*<br>6:00 - 45m Jordan H<br><b>Top it Off</b> - GF*<br>7:00 - 30m Alayna C<br><b>ZUMBA ®</b> - GF*<br>7:30 - 60m Alayna C | <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF*<br>6:30 - 30m Kariny S<br><b>Strong Nation®</b> - GF*<br>7:00 - 30m Kariny S | <b>Ripped Pilates</b> - GF*<br>6:00 - 30m Jordan H<br><b>Hardcore 360-3X</b> - GF*<br>6:30 - 30m Jordan H<br><b>Yoga Body Sculpt</b> - GF*<br>7:00 - 60m Alice G | <b>ZUMBA ®</b> - GF*<br>5:30 - 60m Sara J |   |  |



# CLASS DESCRIPTIONS

# CASSELBERRY

Visit [crunch.com](http://crunch.com) for online schedules and club information. This schedule is subject to change

1040 S.R. 436 | 407.707.9700

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.}

**Hardcore 360-3X:** Go hardcore in this total body workout! Using dedicated work efforts designed to deliver high intensity cardio, challenging strength segments and a killer core workout, Hardcore 360-3X delivers a serious heart calorie burning workout designed push your workout to the max! This focused workout features three dedicated 45 second work efforts in each round that will burn, cut and chisel your way to a hardcore body.}

**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.}

**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.}

**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.}

**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.}