



GROUP FITNESS

BALLANTYNE

Week of 07/07/25
*GF / Group Fitness R / Ride

MORNING
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MID-DAY
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EVENING
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	MONDAY, 07/07/25	TUESDAY, 07/08/25	WEDNESDAY, 07/09/25	THURSDAY, 07/10/25	FRIDAY, 07/11/25	SATURDAY, 07/12/25	SUNDAY, 07/13/25
	Beach Workout - Legs, Core & More - GF* 10:00 - 30m Angie M Beach Workout - Arms & Abs - GF* 10:30 - 30m Angie M	Top it Off - GF* 9:00 - 30m Kristy D The Ride - R* 9:45 - 45m Kristy D	The Ride - R* 6:00 - 45m JP Chisel - GF* 8:00 - 30m Cam S 10 in 10: Core - GF* 8:30 - 15m Cam S Barbell 45 - GF* 10:00 - 45m Cam S	Stacked - GF* 9:00 - 30m Jamaal S The Ride: Let the Beat Drop - R* 9:45 - 45m Jamaal S	Legendary Strength - GF* 8:00 - 45m Cam S Barre Bootcamp - GF* 10:00 - 30m Debora C Iron Mat Pilates - GF* 10:30 - 30m Debora C	Barbell 45 - GF* 9:00 - 45m Cam S The Ride: Let the Beat Drop - R* 9:00 - 45m Traci H ZUMBA @ - GF* 11:00 - 60m Yuliia S	The Ride - R* 9:00 - 45m Traci H Hatha Flow - GF* 11:00 - 60m Amy B
	Barre Bootcamp - GF* 6:00 - 30m Debora C Dance to HIIT - GF* 6:30 - 30m Debora C Hatha Flow - GF* 7:00 - 60m Sallyann V	Legendary Strength - GF* 6:00 - 45m Hilda L ZUMBA @ - GF* 7:00 - 60m Drea	Yoga Body Sculpt - GF* 5:30 - 60m Amy B The Ride: Let the Beat Drop - R* 6:30 - 45m Jamaal S Chisel - GF* 6:30 - 30m Debora C Dance to HIIT - GF* 7:00 - 30m Debora C	Barbell 45 - GF* 6:00 - 45m Kylee I ZUMBA @ - GF* 7:00 - 60m Elizabeth R	Beach Workout - Arms & Abs - GF* 5:30 - 30m Hilda L Beach Workout - Legs, Core & More - GF* 6:00 - 30m Hilda L		



CLASS DESCRIPTIONS

BALLANTYNE

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

16045 Johnston Road | 704.385.7827

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

10 in 10: Core: Got ten minutes? Build a rock-solid midsection in just 10 exercises designed to activate your core and build balance, stability, and overall strength.}

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.}

Beach Workout - Arms & Abs: Grab your sunscreen and get ready for a super(set) summer!!! The Beach workout is designed to sculpt your upper body, incorporating "Supersets" to strengthen more muscles in less time. Pair that technique with weighted core blasts to shred your torso and a finisher of six 1-minute Burnout Sets, and this workout will have you feeling the BURN in no time!}

Beach Workout - Legs, Core & More: Grab your sunscreen and get ready for a super(set) summer!!! The Beach workout is designed to sculpt not only your assets, but ALL of the muscles in your lower body, incorporating "Supersets" to strengthen more muscles in less time. Pair that technique with fat-torching cardio blasts and a finisher of six 1-minute Burnout Sets, and this workout will have you feeling the BURN in no time!}

Chisel: Use weights and calisthenics to sculpt and shape muscles.}

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.}

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.}

Iron Mat Pilates: Push your pilates mat practice to the max with innovative exercises and the addition of weights to give your body iron-strength.}

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!}

Stacked: Take your workout to new heights as you layer stack upon stack of cardio and weight exercises. Build your way to the top of the pyramid with increasing time and exercise intensity along the way and prepare to dig deep to work your way back down. Let's see how you Stack up.}

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.}

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.}

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.}