



GROUP FITNESS

EAST COLONIAL

Week of 08/04/25

*HS / Hot GF / Group Fitness R / Ride

	MONDAY, 08/04/25	TUESDAY, 08/05/25	WEDNESDAY, 08/06/25	THURSDAY, 08/07/25	FRIDAY, 08/08/25	SATURDAY, 08/09/25	SUNDAY, 08/10/25
MORNING 	Flow - HS* 8:00 - 60m Jen Hot Pilates Mat - HS* 9:45 - 45m Angelica F	Flow - HS* 7:00 - 60m Macy Z	Hot Pilates Mat - HS* 9:45 - 45m Yoshi	Fierce - HS* 7:00 - 60m Rebecca S	Hot Pilates Mat - HS* 10:00 - 45m Breanna M	The Ride: Heavy Mileage - R* 8:15 - 45m Ebony B Hot Pilates Mat - HS* 10:00 - 45m Tony Flow - HS* 11:00 - 60m Emily G ZUMBA @ - GF* 11:00 - 60m Kelly A	The Ride - R* 8:15 - 45m Denisela T Flow - HS* 11:00 - 60m Lizeth S
MID-DAY 			Flow - HS* 12:00 - 60m Lizeth S		Fierce - HS* 12:00 - 60m Olivia N		
EVENING 	Hot Pilates Mat - HS* 5:45 - 45m Ebony B The Ride - R* 6:15 - 45m Lauryn P Beach Workout - Arms & Abs - GF* 6:30 - 30m Katherine D Beach Workout - Legs, Core & More - GF* 7:00 - 30m Katherine D Flow - HS* 7:30 - 60m Emareli G	Fierce - HS* 6:00 - 60m Holly I P3 Pilates - GF* 6:30 - 45m Tony The Ride - R* 6:30 - 45m Katherine D Flow - HS* 7:30 - 60m Holly I	Flow - HS* 5:30 - 60m Heather W Legendary Strength - GF* 6:00 - 45m Jordan H The Ride - R* 6:45 - 45m Kelly A Flow - HS* 6:45 - 60m Julia C Hot Pilates Mat - HS* 8:00 - 45m Yoshi	The Ride - R* 5:45 - 45m Jonathan M Fierce - HS* 6:00 - 60m Rokaya M ZUMBA @ - GF* 7:30 - 60m Tani Flow - HS* 7:30 - 60m Macy Z	Flow - HS* 6:30 - 60m Michael L		



CLASS DESCRIPTIONS

EAST COLONIAL

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

Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 7:00am - 7:00pm

3222 E Colonial Drive | 407.813.2411

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!}

Fierce: Take your yoga practice to the next level in this unique class that combines athletic movement, power yoga and balance challenges all taught in a heated studio. Special "fire it up" challenges inserted throughout the workout are designed to challenge both your mind and body. This one of a kind yoga class will leave you with a fierce attitude and a fit body!

Bring your own mat, mat towel, and water bottle}

Flow: This Vinyasa flow class will take your yoga to the next level all while practicing in a heated studio. This unique class blends beautiful movements along with music that enhance the experience and will leave your mind in flight as your body flows through this one of a kind yoga sequence.

Bring your own mat, mat towel, and water bottle}

Hot Pilates Mat: Ignite your core in this full-body Hot Pilates mat workout. Infuse functional fitness with Pilates principles in the infrared heat and fire up your flexibility and mobility while challenging strength and stability. 100-based challenges (reps, breaths, or seconds) in the 100-degree studio bring the heat!

Bring your own mat, mat towel, and water bottle}

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.}

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: Heavy Mileage: Put the pedals to the metal in this interval based workout. You will work in dedicated rounds of cardio and endurance on the bike and then you will dismount and kick it up a notch by adding weights into the mix. Weighted rounds are performed off the bike for maximum performance. Get ready to take on this challenge. Are you ready for heavy mileage?}

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.}