



# GROUP FITNESS

## LAKELAND

Week of 07/28/25

\*GF / Group Fitness R / Ride TA / Treadmill Area

MORNING



MID-DAY



EVENING



	MONDAY, 07/28/25	TUESDAY, 07/29/25	WEDNESDAY, 07/30/25	THURSDAY, 07/31/25	FRIDAY, 08/01/25	SATURDAY, 08/02/25	SUNDAY, 08/03/25
	<b>Top to Bottom Burnout</b> - GF* 8:30 - 30m Carolyn G <b>P3 Pilates</b> - GF* 9:00 - 45m Carolyn G <b>ZUMBA @</b> - GF* 10:15 - 60m Talisha B	<b>The Ride</b> - R* 8:15 - 45m Lizette M <b>Beach Workout - Arms &amp; Abs</b> - GF* 9:00 - 30m Gabrielle T <b>Beach Workout - Legs, Core &amp; More</b> - GF* 9:30 - 30m Gabrielle T <b>ZUMBA @</b> - GF* 10:00 - 60m Olivia L	<b>The Ride</b> - R* 5:15 - 45m Sandy <b>Barbell 45</b> - GF* 8:30 - 45m Carolyn G <b>The Ride: Let the Beat Drop</b> - R* 9:15 - 45m Jessica w <b>Hatha Flow</b> - GF* 11:00 - 60m Ella	<b>The Ride: Let the Beat Drop</b> - R* 9:00 - 45m Ashley B <b>Chisel</b> - GF* 10:00 - 30m Gabrielle T <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 10:30 - 30m Gabrielle T	<b>Barbell 45</b> - GF* 8:30 - 45m Joylene K <b>Hatha Flow</b> - GF* 9:30 - 60m Kristine R	<b>Barbell 45</b> - GF* 8:30 - 45m Donna E <b>The Ride</b> - R* 9:15 - 45m Ella <b>ZUMBA @</b> - GF* 9:30 - 60m Katerina S <b>Hatha Flow</b> - GF* 10:30 - 60m Ella	<b>The Ride</b> - GF* 9:00 - 45m Lizette M
	<b>Tread N Shed</b> - TA* 5:30 - 30m Talisha B <b>ZUMBA @</b> - GF* 6:00 - 60m Taylor L <b>The Ride</b> - R* 6:45 - 45m Robert G <b>Hatha Flow</b> - GF* 7:00 - 60m Kristine R	<b>The Ride</b> - R* 5:30 - 45m Robert G <b>Ripped Pilates</b> - GF* 6:15 - 45m Gabrielle T <b>ZUMBA @</b> - GF* 7:00 - 60m Talisha B	<b>Tread N Shed</b> - TA* 5:30 - 30m Cory S <b>Hatha Flow</b> - GF* 6:00 - 60m Katerina S <b>The Ride</b> - R* 6:45 - 45m Robert G <b>ZUMBA @</b> - GF* 7:00 - 60m Katerina S	<b>Demolished</b> - GF* 5:15 - 45m Cory S <b>ZUMBA @</b> - GF* 6:00 - 60m Rosa G <b>The Ride</b> - R* 6:00 - 45m Opal <b>Hatha Flow</b> - GF* 7:00 - 60m Opal			



# CLASS DESCRIPTIONS

# LAKELAND

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

5218 S Florida Ave | 863.677.9200

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!}

**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!}

**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.}

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

**Demolished:** Get ready to shake things up in this high energy, strength and endurance workout as you shift in a circle from station to station using advanced strength equipment including Tomahawks, Sandbags and Barbells. Recover in the Epicenter with body weight exercises designed to cause tremors throughout your body. Come prepared to be moved.}

**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.}

**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.}

**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.}

**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!}

**Tread N Shed:** This bad@ss cardio class will put you on the treadmill to melt away calories. In it, you'll use sprints and slow walks with varying speeds and ramp heights to get a workout that's got all the ups and downs of a roller coaster.}

**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.}