



GROUP FITNESS

LAND O'LAKES

Week of 04/21/25

*GF / Group Fitness HY / Hot Yoga R / Ride

MORNING

MID-DAY

EVENING

	MONDAY, 04/21/25	TUESDAY, 04/22/25	WEDNESDAY, 04/23/25	THURSDAY, 04/24/25	FRIDAY, 04/25/25	SATURDAY, 04/26/25	SUNDAY, 04/27/25
	The Ride - R* 6:00 - 45m Gail The Ride - R* 8:00 - 45m Charles Barbell 45 - GF* 9:00 - 45m Sherry ZUMBA @ - GF* 10:00 - 60m Angela R Foundation - HY* 11:00 - 60m Jamy EVOLVE: Attitude - GF* 11:15 - 30m Gail EVOLVE: Active - GF* 11:45 - 30m Gail	Foundation - HY* 6:00 - 60m Maggie P Hot Pilates Mat - HY* 7:00 - 45m Maggie P Hot Core - HY* 8:00 - 30m Namgay B Barbell 45 - GF* 9:00 - 45m Namgay B Flow - HY* 9:00 - 60m Jennifer D ZUMBA @ - GF* 9:45 - 60m Angela R Barre Bootcamp - GF* 10:45 - 30m Angela R P3 Pilates - GF* 11:15 - 45m Angela R	The Ride - GF* 6:00 - 45m Gail Hot Core - HY* 8:00 - 30m Charles The Ride - GF* 8:00 - 45m Kristine Top it Off - GF* 9:00 - 30m Kristine Belly, Butt, & Thighs Bootcamp - GF* 9:30 - 30m Kristine Foundation - HY* 10:00 - 60m Sarah K. ZUMBA @ - GF* 10:00 - 60m Monica M EVOLVE: Attitude - GF* 11:15 - 30m Gail EVOLVE: Active - GF* 11:45 - 30m Gail	Flow - HY* 6:00 - 60m Maggie P Hot Pilates Mat - HY* 8:00 - 45m Namgay B Barbell 45 - GF* 9:00 - 45m Namgay B ZUMBA @ - GF* 9:45 - 60m Monica M Foundation - HY* 10:00 - 60m Namgay B Barre Bootcamp - GF* 10:45 - 30m Troy P3 Pilates - GF* 11:15 - 45m Namgay B	Hot Pilates Mat - HY* 6:00 - 45m Maggie P The Ride - R* 8:00 - 45m Kristine Barbell 45 - GF* 9:00 - 45m Kristine Flow - HY* 9:30 - 60m Sarah K. ZUMBA @ - GF* 10:00 - 60m Luciana S	The Ride - R* 8:00 - 45m Sherry Hot Pilates Mat - HY* 8:00 - 45m Namgay B MYO@ Release. Move. Improve. - HY* 8:45 - 30m Namgay B Barbell Battleground - GF* 9:00 - 45m Sherry Flow - HY* 9:45 - 60m Sarah K. ZUMBA @ - GF* 10:00 - 60m Angela R	P3 Pilates - GF* 8:00 - 45m Maggie P ZUMBA @ - GF* 9:45 - 60m Nekesha Foundation - HY* 10:00 - 60m Maggie P
	Flow - HY* 12:15 - 60m Stephanie R		The Ride - R* 12:15 - 45m Gail				
	Flow - HY* 6:00 - 60m Tracey The Ride - R* 6:00 - 45m Emily Barbell 45 - GF* 6:00 - 45m Gail Absolution - GF* 6:45 - 30m Gail ZUMBA @ - GF* 7:15 - 60m Luciana S Foundation - HY* 7:30 - 60m Tracey	Foundation - GF* 5:00 - 60m Sarah K. Barbell 45 - GF* 6:00 - 45m Nekesha Hot Core - HY* 6:15 - 30m Charles The Ride - R* 6:30 - 45m Isabella D Fierce - HY* 6:45 - 60m Roxana B ZUMBA @ - GF* 7:00 - 60m Vanessa O	Barbell 45 - GF* 6:00 - 45m Charles Flow - HY* 6:30 - 60m Lauren ZUMBA @ - GF* 7:00 - 60m Nekesha	Barre Bootcamp - GF* 6:00 - 30m Nekesha The Ride - R* 6:00 - 45m Angel S Fierce - HY* 6:00 - 60m Jennifer D Fat Burning Pilates - GF* 6:30 - 30m Nekesha So You Think You Can't Dance - GF* 7:00 - 60m Vanessa O Hot Core - HY* 7:15 - 30m Jennifer D	Foundation - HY* 7:00 - 60m Jennifer D		



CLASS DESCRIPTIONS

LAND O'LAKES

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

2126 Collier Parkway | 813.491.7003
Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 7:00am - 7:00pm

Absolution: The perfect core strengthening solution: concentrated ab-centric exercises paired with deep restorative stretching.}

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 Battleground: Enter the barbell battleground for a total body strength workout that will leave you strong and streamlined. Utilizing an adjustable barbell, resistance band, and plates, this workout will test your limits with a mix of strength training techniques designed to maximize both reps and results.}

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.}

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.}

EVOLVE: Active: Become the best version of yourself with EVOLVE: Active! This class designed for Active Older Adults features bursts of diverse low impact exercises designed to protect joints, support bone density, train your balance, and energize your body with multi-level cardio-based exercises to keep your heart healthy and your metabolism firing! Go active and get ready to move!}

EVOLVE: Attitude: Join us for this one-of-a-kind dance class for Active Older Adults. Live your life to the fullest and turn it up with a fiercely fun, personality-fueled dance party to energize your body and spirit. This active workout also features core, strength and balance work designed to leave you feeling strong and centered.}

Fat Burning Pilates: Calorie burning cardio and pilates based toning combine to maximize your fat burning potential.}

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}

Foundation: Build your practice - build the foundation. Foundation focuses on a sequence of basic yoga poses taught in a heated studio. Level options are offered in this unique class that is great for new yoga fans and also experienced yoga fanatics.}

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

Hot Core: Set your core on fire with this red-hot training session. Get 360 degrees of core conditioning in a 100-degree studio in a workout that will support, define, and strengthen your entire midsection.}

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}

MYO® Release. Move. Improve.: This high-energy Myobility® class designed to unlock your body's full potential. Each round features focused blocks of strength and cardio exercises, followed by recovery using the Myobility® Bar for myofascial release to enhance mobility, and coordination. This class ensures a complete workout experience that strengthens and rejuvenates your body.}

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.}

So You Think You Can't Dance: Bring the magic of dancing back with this cardio dance class which combines easy to follow moves with fun choreography. This non stop format, will have you dancing and grooving to original music while breaking a sweat and having fun! Think you CAN'T dance? Think again!}

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.}

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.}

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.}