






GROUP FITNESS

BRANDON

Week of 04/21/25

*GF / Group Fitness HZ / HIITZone

	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
MORNING 		Absolution - GF* 5:30 - 30m Shawn Barbell Battleground - GF* 6:15 - 45m Shawn Top it Off - GF* 9:00 - 30m Dee Belly, Butt, & Thighs Bootcamp - GF* 9:30 - 30m Dee Ripped Pilates - GF* 10:00 - 45m Dee	Barbell 45 - GF* 9:15 - 45m Zee ZUMBA ® - GF* 10:00 - 60m Zee	Barbell 45 - HZ* 5:15 - 45m Shawn Absolution - GF* 6:00 - 30m Shawn		Barbell Battleground - GF* 8:00 - 45m Lolita Ripped Pilates - GF* 10:15 - 45m Dee So You Think You Can't Dance - GF* 11:00 - 60m Kay	ZUMBA ® - GF* 10:00 - 60m Briana S
MID-DAY 							
EVENING 	Barbell 45 - GF* 5:45 - 45m Ondee ZUMBA ® - GF* 7:30 - 60m Kevin	ZUMBA ® - GF* 6:30 - 60m Jillian C Yoga Body Sculpt - GF* 7:30 - 60m Eboni M	Top it Off - GF* 6:15 - 30m Dee Belly, Butt, & Thighs Bootcamp - GF* 6:45 - 30m Dee ZUMBA ® - GF* 7:30 - 60m Briana S	Barbell 45 - GF* 6:00 - 45m GiGi So You Think You Can't Dance - GF* 7:30 - 60m Kaara D			



CLASS DESCRIPTIONS

BRANDON

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

1570 W Brandon Blvd | 813.681.4962

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.}

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.}

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.}

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}

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!}

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.}