



# GROUP FITNESS

BUFORD

Week of 08/18/25

\*GF / Group Fitness HY / Hot Yoga R / Ride HS / Hot Stuff

MORNING



MID-DAY



EVENING



MORNING

MONDAY, 08/18/25	TUESDAY, 08/19/25	WEDNESDAY, 08/20/25	THURSDAY, 08/21/25	FRIDAY, 08/22/25	SATURDAY, 08/23/25	SUNDAY, 08/24/25
<div><div>The Ride - R*</div><div>5:30 - 45m Chief</div><div>Foundation - HY*</div><div>8:00 - 60m Amy</div><div>The Ride: Intelligent Cycling - R*</div><div>9:15 - 45m Michelle T</div><div>ZUMBA @ - GF*</div><div>10:00 - 60m Isobel</div></div>	<div><div>The Ride: Let the Beat Drop - R*</div><div>5:30 - 45m Latoya L</div><div>Top to Bottom Burnout - GF*</div><div>9:00 - 30m Claudia G</div><div>Fat Burning Pilates - GF*</div><div>9:30 - 30m Claudia G</div><div>ZUMBA @ - GF*</div><div>10:00 - 60m Marilyn</div><div>Yoga Body Sculpt - GF*</div><div>11:00 - 60m Yahana G</div></div>	<div><div>The Ride: Higher Ground - R*</div><div>5:30 - 45m Laura S</div><div>Flow - HY*</div><div>8:00 - 60m Amy</div><div>The Ride: Intelligent Cycling - R*</div><div>9:15 - 45m Alison H</div><div>ZUMBA @ - GF*</div><div>10:00 - 60m Isobel</div></div>	<div><div>Beach Workout - Legs, Core &amp; More - GF*</div><div>5:30 - 30m Claudia G</div><div>The Ride: Let the Beat Drop - R*</div><div>5:30 - 45m Latoya L</div><div>Beach Workout - Arms &amp; Abs - GF*</div><div>6:00 - 30m Claudia G</div><div>P3 Pilates - GF*</div><div>9:00 - 45m Michelle T</div><div>ZUMBA @ - GF*</div><div>10:00 - 60m Marilyn</div><div>Beach Workout - Arms &amp; Abs - GF*</div><div>11:00 - 30m Alison H</div><div>Beach Workout - Legs, Core &amp; More - GF*</div><div>11:30 - 30m Alison H</div></div>	<div><div>The Ride - R*</div><div>5:30 - 45m Chief</div><div>Flow - HY*</div><div>8:00 - 60m Jovani G</div><div>The Ride: Intelligent Cycling - R*</div><div>9:15 - 45m Michelle T</div><div>ZUMBA @ - GF*</div><div>10:00 - 60m Ana M</div></div>	<div><div>The Ride: Let the Beat Drop - R*</div><div>8:00 - 45m Adanna C</div><div>Barbell 45 - GF*</div><div>9:00 - 45m Jenny O.</div><div>ZUMBA @ - GF*</div><div>10:00 - 60m Jenny O.</div><div>Yoga Body Sculpt - GF*</div><div>11:00 - 60m Rajitha B</div></div>	<div><div>Foundation - HY*</div><div>10:00 - 60m Lorena</div></div>

MID-DAY

EVENING

<div><div>Flow - HY*</div><div>5:30 - 60m Tawana C</div><div>The Ride: Let the Beat Drop - R*</div><div>6:00 - 45m Laura S</div><div>Ripped Pilates - GF*</div><div>6:30 - 45m Tawana C</div><div>ZUMBA @ - GF*</div><div>7:15 - 60m Marilyn</div></div>	<div><div>Barbell 45 - GF*</div><div>5:30 - 45m Pamela H</div><div>The Ride: Intelligent Cycling - R*</div><div>6:00 - 45m Tetiana</div><div>Legendary Strength - GF*</div><div>6:30 - 45m Jenny O.</div><div>ZUMBA @ - GF*</div><div>7:30 - 60m Freida</div></div>	<div><div>Hot Pilates Mat - HS*</div><div>5:30 - 45m Tawana C</div><div>The Ride: Heavy Mileage - R*</div><div>6:00 - 45m Tetiana</div><div>Top to Bottom Burnout - GF*</div><div>6:30 - 30m Pamela H</div><div>Absolution - GF*</div><div>7:00 - 30m Pamela H</div><div>So You Think You Can't Dance - GF*</div><div>7:30 - 60m Sharea M</div></div>	<div><div>Barbell Bound - GF*</div><div>5:30 - 45m Anita M</div><div>The Ride - R*</div><div>6:00 - 45m Alison H</div><div>P3 Pilates - GF*</div><div>6:30 - 45m Jenny O.</div><div>ZUMBA @ - GF*</div><div>7:30 - 60m Natalia</div></div>	<div><div>Flow - HY*</div><div>6:00 - 60m Amy L</div></div>		
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# CLASS DESCRIPTIONS

# BUFORD

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

3740 Buford Drive | 770.264.2109

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 Bound:** Bound for time? Bound for results? You're bound to raise the bar in this singular workout that combines two types of strength training. Lift your way through barbell sets alternated with bound rounds and burnout sets utilizing heavy resistance bands to produce a grueling workout that will leave you unbelievably strong, focused and barbell bound}

**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!}

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

**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 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.}

**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!}

**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?}

**The Ride: Higher Ground:** Take it to HIGHER GROUND as a true cyclist in this POWER-ful Ride experience. Focus on a series of steep hill intervals and grueling climbs while meeting or beating your personal best efforts in this demanding Ride. You'll create strong, lean, powerful muscles while mastering your mindset in this rewarding workout. Celebrate becoming Monarch of the Mountain!}

**The Ride: Intelligent Cycling:** Crunch Ride comes to life in full color with this fully immersive, digital indoor cycling experience. Journey through virtual worlds, hypnotic visuals timed to the music and bright images that bring the coaching to life. Take your Ride experience to a new level and reach goals you never thought possible!

WARNING: The videos used in this class may potentially trigger seizures for people with photosensitive epilepsy. Participation discretion is advised.}

**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!}

**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.}