



GROUP FITNESS

WEST MELBOURNE

Week of 04/28/25

*R / Ride GF / Group Fitness BX / Boxing Studio

| | MONDAY, 04/28/25 | TUESDAY, 04/29/25 | WEDNESDAY, 04/30/25 | THURSDAY, 05/01/25 | FRIDAY, 05/02/25 | SATURDAY, 05/03/25 | SUNDAY, 05/04/25 |
|-------------|--|---|--|---|------------------|---|---|
| MORNING | Barbell 45 - GF* 9:00 - 45m Kim Yoga Body Sculpt - GF* 10:00 - 60m Lia | Legendary Strength - GF* 8:15 - 45m Kim Absolution - GF* 9:00 - 30m Kim The Ride - BX* 9:00 - 45m Jeannie | Barbell 45 - GF* 9:30 - 45m Julie P Ultimate R&R - GF* 10:30 - 60m Julie P | The Ride: Let the Beat Drop - R* 8:30 - 45m Kim ZUMBA @ - GF* 9:15 - 60m Gigi N. Yoga Body Sculpt - GF* 10:30 - 60m Julie P | | ZUMBA @ - GF* 10:00 - 60m Irah A The Ride - R* 10:00 - 45m Tom K Yoga Body Sculpt - GF* 11:00 - 60m Karen H | The Ride - R* 11:00 - 45m Tom K |
| MID-DAY | | | | | | | |
| EVENING | So You Think You Can't Dance - GF* 5:45 - 60m Gigi N. Joint Ventures - GF* 6:45 - 30m Gigi N. | Hatha Flow - GF* 5:15 - 60m Toni H The Ride: Let the Beat Drop - R* 5:30 - 45m Sarah Y ZUMBA @ - GF* 7:00 - 60m Gigi N. | Fat Burning Pilates - GF* 5:30 - 30m Sarah Y Barbell 45 - GF* 6:00 - 45m Sarah Y ZUMBA @ - GF* 7:00 - 60m Irah A | The Ride: Heavy Mileage - R* 6:00 - 45m Tom K Legendary Strength - GF* 6:00 - 30m Sarah Y Absolution - GF* 6:30 - 30m Sarah Y | | | |



CLASS DESCRIPTIONS

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

1257 W. New Haven Avenue | 321.326.8977

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!}

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

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.}

Joint Ventures: Improve mobility and flexibility by increasing your range of motion in Joint Ventures! Untwist your upper body, loosen your lower half, then find your flow incorporating the entire body in this innovative spin on mobility. Work up a sweat while improving stamina, strength, flexibility, and balance, all in one 30-minute feel-good session.}

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!}

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: 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.}

Ultimate R&R: We all need more self-care, more recovery, more rest to continue to be our best. Ultimate R&R provides the break your mind and body need. Take the foot off the accelerator and pump the brakes, focusing on a slower, gentler yoga flow followed by longer-held restorative poses supported by blocks, for the ultimate in rest and recovery.}

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.}