



GROUP FITNESS

TRINITY

Week of 06/30/25
*GF / Group Fitness R / Ride

	MONDAY, 06/30/25	TUESDAY, 07/01/25	WEDNESDAY, 07/02/25	THURSDAY, 07/03/25	FRIDAY, 07/04/25	SATURDAY, 07/05/25	SUNDAY, 07/06/25
MORNING 	Barbell 45 - GF* 9:00 - 45m Madelyn M ZUMBA @ - GF* 10:30 - 60m Marlene	Cardio Tai Box Loaded - GF* 9:00 - 30m Chi Demolished - GF* 9:30 - 45m Chi ZUMBA @ - GF* 10:30 - 60m Jerry D	The Ride - R* 9:00 - 45m Laurie Dance to HIIT - GF* 9:00 - 30m Marlene Chisel - GF* 9:30 - 30m Marlene	Fource Field - GF* 9:00 - 30m Tye Barbell 45 - GF* 9:30 - 45m Tye	The Ride - R* 7:00 - 45m Laurie Push the Perimeter - GF* 9:00 - 30m Marlene Dance to HIIT - GF* 9:30 - 30m Marlene Barbell 45 - GF* 10:00 - 45m Tye	Yoga Body Sculpt - GF* 8:30 - 60m Richard O The Ride - R* 9:00 - 45m Laura B Fat Burning Pilates - GF* 10:00 - 30m Laura B ZUMBA @ - GF* 10:30 - 60m Brenda P	ZUMBA @ - GF* 10:00 - 60m Shawny
MID-DAY 							
EVENING 	The Ride - R* 6:00 - 45m Ericka A Yoga Body Sculpt - GF* 6:00 - 60m Aura D ZUMBA @ - GF* 7:15 - 60m Jerry D	POUND@ - GF* 6:00 - 30m Marlene Push the Perimeter - GF* 6:30 - 30m Marlene ZUMBA @ - GF* 7:00 - 60m Marlene	The Ride - GF* 6:00 - 45m Karen Demolished - GF* 6:00 - 45m Tye ZUMBA @ - GF* 7:00 - 60m Tye	P3 Pilates - GF* 5:00 - 45m Laura B Barbell 45 - GF* 6:00 - 45m Marlene The Ride - R* 6:15 - 45m Laura B ZUMBA @ - GF* 7:00 - 60m Marlene			



CLASS DESCRIPTIONS

TRINITY

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

7423 State Road 54 | 727.758.7544

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!}

Cardio Tai Box Loaded: Get ready to sweat in this remixed version of Cardio Tai Box. Hit, kick and punch your way through dedicated cardio rounds mixed with high rep low weight work designed to give your workout the maximum punch. Rounds of super high intensity cardio mixed with targeted upper body sculpting makes Cardio Tai Box Loaded the winner of the bout. This workout packs a punch!}

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

Dance to HIIT: Hit the dance floor in this unique class that features high energy cardio dance combinations mixed with a touch of strength and core. Move, groove and shake your way to a total body workout. Listen to the latest hits and get ready to Dance to HIIT.}

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.}

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

Fource Field: In this workout we will battle on all sides, utilizing several different martial arts forms, to prepare for any battle that comes our way! Armed with KNUXS to add that extra push, we will define our delts, carve our core, and leave our sweat- and our imaginary opponents- on the floor. In only 5 rounds, you will learn to never underestimate the FOUR-CE!}

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.}

POUND@: Channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along to a slammin' soundtrack using Ripstix™ - weighted drumsticks designed to transform drumming into a kick-ass, fat burning, full body interval workout that will leave you dripping sweat.}

Push the Perimeter: Push your limits in this combination class that features superset strength sequences alternated with fast and furious drills around the perimeter of the room. This class moves in lines utilizing barbells, dumbbells, slam balls, and kettlebells. Finish all four lines and then take off to work speed, agility and quickness using the perimeter of the room as four distinct lanes. Work through 5 AMRAP/perimeter sets in a thirty-minute workout that will challenge your strength and stamina.}

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.}

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.}