



# GROUP FITNESS

# KENNESAW

Week of 05/05/25

\*HS / Hot Studio GF / Group Fitness R / Ride

MORNING



MID-DAY



EVENING



	MONDAY, 05/05/25	TUESDAY, 05/06/25	WEDNESDAY, 05/07/25	THURSDAY, 05/08/25	FRIDAY, 05/09/25	SATURDAY, 05/10/25	SUNDAY, 05/11/25
MORNING	<b>Foundation</b> - HS* 6:15 - 60m Nikki Sullivan <b>Hot Athlete</b> - HS* 8:30 - 45m Vincent D <b>EVOLVE: Active</b> - GF* 8:30 - 30m Jessica P <b>P3 Pilates</b> - GF* 9:00 - 45m Jessica P <b>Foundation</b> - HS* 9:45 - 60m Crystal W <b>Legendary Strength</b> - GF* 9:45 - 45m Jessica P <b>Flow</b> - HS* 11:00 - 60m Crystal W	<b>The Ride: HIIT the Road</b> - R* 5:30 - 45m Lisa Dallas <b>Foundation</b> - HS* 6:15 - 60m Cedra L <b>The Ride</b> - R* 8:30 - 45m Angie <b>Barbell Battleground</b> - GF* 9:00 - 45m Cara <b>Flow</b> - HS* 9:15 - 60m Marlo M <b>ZUMBA @</b> - GF* 10:00 - 60m Junko <b>Ultimate R&amp;R</b> - HS* 10:15 - 60m Marlo M	<b>Flow</b> - HS* 6:15 - 60m Heather <b>HIIT The Deck</b> - GF* 8:30 - 30m Tara G <b>Hot Pilates Mat</b> - HS* 8:45 - 45m Christy <b>Barbell 45</b> - GF* 9:00 - 45m Tara G <b>Flow</b> - HS* 9:45 - 60m Isabel A <b>Foundation</b> - HS* 11:00 - 60m Isabel A	<b>The Ride</b> - R* 5:30 - 45m Dozie <b>Fierce</b> - HS* 6:15 - 60m Kelsie W <b>EVOLVE: Active</b> - GF* 8:30 - 30m Penny L <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 9:00 - 30m Penny L <b>Flow</b> - HS* 9:00 - 60m Anushka M <b>Top it Off</b> - GF* 9:30 - 30m Penny L <b>The Ride: Let the Beat Drop</b> - R* 9:30 - 45m Jamie <b>ZUMBA @</b> - GF* 10:15 - 60m Denice Lopez <b>Hot Pilates Mat</b> - HS* 10:15 - 45m Penny L	<b>Hot Athlete</b> - HS* 6:15 - 45m Heather <b>Flow</b> - HS* 8:30 - 60m Melanie <b>Barbell 45</b> - GF* 9:00 - 45m Jessica P <b>The Ride: Let the Beat Drop</b> - R* 9:45 - 45m Jessica P <b>Foundation</b> - HS* 9:45 - 60m Jaime G <b>P3 Pilates</b> - GF* 10:00 - 45m Shirletta <b>Ultimate R&amp;R</b> - HS* 11:00 - 60m Jaime G	<b>Barbell 45</b> - GF* 8:00 - 45m Tara G <b>Hot Pilates Mat</b> - HS* 8:30 - 45m Michelle <b>So You Think You Can't Dance</b> - GF* 9:00 - 60m "SWAY" Samone <b>Hot Athlete</b> - HS* 9:30 - 45m Dozie <b>The Ride: Let the Beat Drop</b> - R* 9:30 - 45m Athena <b>Flow</b> - HS* 10:30 - 60m Cinde V	<b>Foundation</b> - HS* 8:30 - 60m Raiye <b>The Ride</b> - R* 8:30 - 45m Carol M <b>Top it Off</b> - GF* 9:00 - 30m Faby <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 9:30 - 30m Faby <b>Hot Athlete</b> - HS* 10:00 - 45m Kafi <b>ZUMBA @</b> - GF* 10:00 - 60m Unique A
MID-DAY	<b>The Ride</b> - R* 12:00 - 45m Howard S		<b>The Ride</b> - R* 12:00 - 45m Howard S				
EVENING	<b>Legendary Strength</b> - GF* 5:00 - 45m Christopher W <b>Hot Pilates Mat</b> - HS* 5:45 - 45m Robin F <b>Barbell 45</b> - GF* 6:00 - 45m Faby <b>So You Think You Can't Dance</b> - GF* 7:00 - 60m "SWAY" Samone <b>Foundation</b> - HS* 7:00 - 60m Robin F <b>The Ride</b> - R* 7:00 - 45m Dozie	<b>Foundation</b> - HS* 5:45 - 60m Michelle <b>HIIT The Deck</b> - GF* 6:00 - 30m Tecla S <b>The Ride: Let the Beat Drop</b> - R* 6:00 - 45m Dozie <b>Absolution</b> - GF* 6:30 - 30m Tecla S <b>Hot Pilates Mat</b> - HS* 7:00 - 45m Slesha D <b>ZUMBA @</b> - GF* 7:00 - 60m Tecla S	<b>Hot Pilates Mat</b> - HS* 5:00 - 45m Anushka M <b>Yoga Body Sculpt</b> - GF* 5:45 - 60m Crystal W <b>The Ride</b> - R* 6:00 - 45m Carol M <b>ZUMBA @</b> - GF* 7:00 - 60m Adriana H <b>Flow</b> - HS* 7:00 - 60m Crystal W	<b>Hot Athlete</b> - HS* 5:45 - 45m Vincent D <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 6:00 - 30m Christopher W <b>Top it Off</b> - GF* 6:30 - 30m Christopher W <b>The Ride: Let the Beat Drop</b> - R* 6:30 - 45m Athena <b>So You Think You Can't Dance</b> - GF* 7:00 - 60m Christopher W <b>Flow</b> - HS* 7:00 - 60m Nikki Sullivan	<b>ZUMBA @</b> - GF* 6:30 - 60m Flor		



# CLASS DESCRIPTIONS

# KENNESAW

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

1200 Ernest W Barrett Parkway | 678.968.1260

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.}

**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!}

**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}

**HIIT The Deck:** HIIT the deck for a one of a kind workout that will transform your body. Jump, run, step, hop, and power your way through this high intensity class designed to torch calories while challenging your agility, strength and stamina.}

**Hot Athlete:** Pour the heat on in this workout designed for the whole athlete. This wicked workout incorporating mobility, strength, amped up cardio, flexibility and core, in conjunction with the therapeutic effects of 100-degrees of infrared heat, creates a total body reset that will make you feel strong, loose, and long.

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.}

**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: HIIT the Road:** High intensity interval training (HIIT) meets the HITS! Using interval training techniques, this ride blows by as you groove and move to the HITS of each decade. Ride through a musical journey as you burn calories and build up a sweat performing intense interval work efforts.}

**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 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.}

**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.}