



GROUP FITNESS

CAPE CORAL

Week of 08/11/25
*HS / Hot Studio R / Ride GF / Group Fitness

MORNING



MID-DAY



EVENING



	MONDAY, 08/11/25	TUESDAY, 08/12/25	WEDNESDAY, 08/13/25	THURSDAY, 08/14/25	FRIDAY, 08/15/25	SATURDAY, 08/16/25	SUNDAY, 08/17/25
	<p>The Ride: HIIT the Road - R*</p> <p>5:15 - 45m Anne S</p> <p>Flow - HS*</p> <p>6:00 - 60m Johniece H</p> <p>Barbell 45 - GF*</p> <p>6:00 - 45m Allison B</p> <p>Hot Pilates Mat - HS*</p> <p>7:00 - 45m Chrissy</p> <p>The Ride: Let the Beat Drop - R*</p> <p>8:00 - 45m Tere</p> <p>Cardio Sculpt - GF*</p> <p>8:00 - 30m Kristina D</p> <p>Hot Athlete - HS*</p> <p>8:15 - 45m Chrissy</p> <p>Absolution - GF*</p> <p>8:30 - 30m Mary L</p> <p>Top it Off - GF*</p> <p>9:00 - 30m Lori B</p> <p>Hot Mobility - HS*</p> <p>9:00 - 30m Chrissy</p> <p>Joint Ventures - HS*</p> <p>9:30 - 30m Chrissy</p> <p>So You Think You Can't Dance - GF*</p> <p>9:30 - 30m Lori B</p> <p>The Ride - GF*</p> <p>9:30 - 45m Anne S</p> <p>Hot Core - HS*</p> <p>10:00 - 30m Christopher O</p> <p>Barbell Battleground - GF*</p> <p>10:00 - 45m Caren G</p> <p>Flow - HS*</p> <p>10:30 - 60m Michael W</p> <p>ZUMBA @ - - GF*</p> <p>11:00 - 60m Tere</p>	<p>The Ride - R*</p> <p>5:15 - 45m Cyndi</p> <p>Hot Athlete - HS*</p> <p>6:00 - 45m Kaylee W</p> <p>Top to Bottom Burnout - GF*</p> <p>8:00 - 30m Kristina D</p> <p>The Ride - R*</p> <p>8:00 - 45m Kaylee W</p> <p>Hot Core - HS*</p> <p>8:30 - 30m Jess</p> <p>Transform it: Core - GF*</p> <p>8:30 - 30m Kristina D</p> <p>Flow - HS*</p> <p>9:00 - 60m Jess</p> <p>Cardio Tai Box - GF*</p> <p>9:00 - 30m Lauren S.</p> <p>Belly, Butt, & Thighs Bootcamp - GF*</p> <p>9:30 - 30m Lauren S.</p> <p>Slow Burn - GF*</p> <p>10:00 - 30m Kim V</p> <p>Hot Pilates Mat - HS*</p> <p>10:00 - 45m Lauren S.</p> <p>ZUMBA @ - GF*</p> <p>10:30 - 60m Kim V</p> <p>Unbreakable - HS*</p> <p>10:45 - 60m Lauren S.</p>	<p>The Ride - R*</p> <p>5:15 - 45m Kaylee W</p> <p>Legendary Strength - GF*</p> <p>6:00 - 45m Cyndi</p> <p>Flow - HS*</p> <p>6:00 - 60m Johniece H</p> <p>Hot Pilates Mat - HS*</p> <p>7:00 - 45m Kristina D</p> <p>Cardio Sculpt - GF*</p> <p>8:00 - 30m Mary L</p> <p>The Ride: Let the Beat Drop - R*</p> <p>8:00 - 45m Tere</p> <p>Hot Athlete - HS*</p> <p>8:15 - 45m Chrissy</p> <p>Iron Mat Pilates - GF*</p> <p>8:30 - 30m Mary L</p> <p>Hot Mobility - HS*</p> <p>9:00 - 30m Chrissy</p> <p>Top it Off - GF*</p> <p>9:00 - 30m Suzanne B</p> <p>The Ride - R*</p> <p>9:30 - 45m Brian L</p> <p>Joint Ventures - HS*</p> <p>9:30 - 30m Chrissy</p> <p>So You Think You Can't Dance - GF*</p> <p>9:30 - 30m Suzanne B</p> <p>Hot Core - HS*</p> <p>10:00 - 30m Christopher O</p> <p>Barbell 45 - GF*</p> <p>10:00 - 45m Caren G</p> <p>Flow - HS*</p> <p>10:30 - 60m Michael W</p> <p>ZUMBA @ - GF*</p> <p>11:00 - 60m Tere</p>	<p>The Ride: Level it Up - R*</p> <p>5:15 - 45m Cyndi</p> <p>Hot Athlete - HS*</p> <p>6:00 - 45m Kaylee W</p> <p>Top to Bottom Burnout - GF*</p> <p>8:00 - 30m Kristina D</p> <p>The Ride - R*</p> <p>8:00 - 45m Kaylee W</p> <p>P3 Pilates - GF*</p> <p>8:30 - 30m Kristina D</p> <p>Hot Core - HS*</p> <p>8:30 - 30m Jess</p> <p>Cardio Tai Box - GF*</p> <p>9:00 - 30m Lauren S.</p> <p>Flow - HS*</p> <p>9:00 - 60m Jess</p> <p>Belly, Butt, & Thighs Bootcamp - GF*</p> <p>9:30 - 30m Lauren S.</p> <p>Slow Burn - GF*</p> <p>10:00 - 30m Kim V</p> <p>Hot Pilates Mat - HS*</p> <p>10:00 - 45m Lauren S.</p> <p>ZUMBA @ - GF*</p> <p>10:30 - 60m Kim V</p> <p>Unbreakable - HS*</p> <p>10:45 - 60m Lauren S.</p>	<p>The Ride: HIIT the Road - R*</p> <p>5:15 - 45m Amber K</p> <p>Barbell 45 - GF*</p> <p>6:00 - 45m Kaylee W</p> <p>Hot Pilates Mat - HS*</p> <p>7:00 - 45m Kristina D</p> <p>Cardio Sculpt - GF*</p> <p>8:00 - 30m Mary L</p> <p>Hot Athlete - HS*</p> <p>8:15 - 45m Chrissy</p> <p>Absolution - GF*</p> <p>8:30 - 30m Mary L</p> <p>Top it Off - GF*</p> <p>9:00 - 30m Lori B</p> <p>Hot Mobility - HS*</p> <p>9:00 - 30m Chrissy</p> <p>The Ride - R*</p> <p>9:30 - 45m Brian L</p> <p>So You Think You Can't Dance - GF*</p> <p>9:30 - 30m Lori B</p> <p>Joint Ventures - HS*</p> <p>9:30 - 30m Chrissy</p> <p>Barbell Bound - GF*</p> <p>10:00 - 45m Caren G</p> <p>Hot Core - HS*</p> <p>10:00 - 30m Chrissy</p> <p>Flow - HS*</p> <p>10:30 - 60m Michael W</p> <p>ZUMBA @ - GF*</p> <p>11:00 - 60m Melanie</p>	<p>Belly, Butt, & Thighs Bootcamp - GF*</p> <p>8:00 - 30m Maryanna H</p> <p>The Ride - R*</p> <p>8:00 - 45m Kaylee L</p> <p>Top it Off - GF*</p> <p>8:30 - 30m Maryanna H</p> <p>Hot HIIT - HS*</p> <p>8:30 - 30m Cyndi</p> <p>The Ride: HIIT the Road - R*</p> <p>9:00 - 45m Cyndi</p> <p>Flow - HS*</p> <p>9:00 - 60m Michael W</p> <p>Barbell 45 - GF*</p> <p>9:00 - 45m Adriana F</p> <p>Hot Core - HS*</p> <p>10:00 - 30m Michael W</p> <p>ZUMBA @ - - GF*</p> <p>10:00 - 60m Adriana F</p> <p>Ultimate R&R - HS*</p> <p>10:30 - 60m Olivia L</p> <p>Hatha Flow - HS*</p> <p>11:30 - 60m Angelica M</p>	<p>The Ride - R*</p> <p>8:00 - 45m Gina</p> <p>Foundation - HS*</p> <p>9:00 - 60m Erin P</p> <p>Top 10x10 - GF*</p> <p>9:00 - 30m Caren G</p> <p>The Ride - GF*</p> <p>9:00 - 45m Michelle R</p> <p>Absolution - GF*</p> <p>9:30 - 30m Caren G</p> <p>BodyWeb w/ TRX® Circuit - GF*</p> <p>10:00 - 30m Caren G</p> <p>Hot Athlete - HS*</p> <p>10:00 - 45m Christopher O</p> <p>ZUMBA @ - - GF*</p> <p>10:30 - 60m Kim V</p> <p>Hot Pilates Mat - HS*</p> <p>10:45 - 45m Vanessa E</p> <p>Flow - HS*</p> <p>11:30 - 60m Erin P</p>
	<p>Hot Athlete - HS*</p> <p>4:30 - 45m Rochell M</p> <p>Legendary Strength - GF*</p> <p>5:15 - 45m Nate</p> <p>The Ride - R*</p> <p>5:15 - 45m Christopher O</p> <p>Unbreakable - HS*</p> <p>5:30 - 60m Olivia L</p> <p>Cardio Sculpt - GF*</p> <p>6:00 - 30m Adriana F</p> <p>Top to Bottom Burnout - GF*</p> <p>6:30 - 30m Adriana F</p> <p>Hot Mobility - HS*</p> <p>6:30 - 30m Erin P</p> <p>Flow - HS*</p> <p>7:00 - 60m Erin P</p> <p>ZUMBA @ - - GF*</p> <p>7:00 - 60m Tere</p>	<p>Hot Core - HS*</p> <p>4:30 - 30m Caren G</p> <p>Top to Bottom Burnout - GF*</p> <p>5:00 - 30m Caren G</p> <p>Hot Pilates Mat - HS*</p> <p>5:15 - 45m Chrissy</p> <p>The Ride - R*</p> <p>5:15 - 45m Michelle R</p> <p>Absolution - GF*</p> <p>5:30 - 30m Caren G</p> <p>Beach Workout - Legs, Core & More - GF*</p> <p>6:00 - 30m Adriana F</p> <p>Flow - HS*</p> <p>6:00 - 60m Samantha B</p> <p>Beach Workout - Arms & Abs - GF*</p> <p>6:30 - 30m Adriana F</p> <p>Unbreakable - HS*</p> <p>7:00 - 60m Jamal</p> <p>ZUMBA @ - GF*</p> <p>7:00 - 60m Lori B</p>	<p>Hot Athlete - HS*</p> <p>4:30 - 45m Rochell M</p> <p>The Ride - R*</p> <p>5:15 - 45m Christopher O</p> <p>Legendary Strength - GF*</p> <p>5:15 - 45m Nate</p> <p>Unbreakable - HS*</p> <p>5:30 - 60m Olivia L</p> <p>Cardio Sculpt - GF*</p> <p>6:00 - 30m Adriana F</p> <p>Top to Bottom Burnout - GF*</p> <p>6:30 - 30m Adriana F</p> <p>Hot Mobility - HS*</p> <p>6:30 - 30m Erin P</p> <p>ZUMBA @ - GF*</p> <p>7:00 - 60m Shannon F</p> <p>Flow - HS*</p> <p>7:00 - 60m Erin P</p>	<p>Hot Core - HS*</p> <p>4:30 - 30m Caren G</p> <p>Top to Bottom Burnout - GF*</p> <p>5:00 - 30m Caren G</p> <p>The Ride - R*</p> <p>5:15 - 45m Michelle R</p> <p>Hot Pilates Mat - HS*</p> <p>5:15 - 45m Chrissy</p> <p>Absolution - GF*</p> <p>5:30 - 30m Caren G</p> <p>Beach Workout - Arms & Abs - GF*</p> <p>6:00 - 30m Adriana F</p> <p>Flow - HS*</p> <p>6:00 - 60m Samantha B</p> <p>Beach Workout - Legs, Core & More - GF*</p> <p>6:30 - 30m Adriana F</p> <p>Unbreakable - HS*</p> <p>7:00 - 60m Jamal</p> <p>ZUMBA @ - GF*</p> <p>7:00 - 60m Lori B</p>			



CLASS DESCRIPTIONS

CAPE CORAL

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

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.}

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!}

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.}

BodyWeb w/ TRX® Circuit: This circuit training class uses the TRX® and dedicated CARDIO STATIONS to combine strength, balance, and cardio for one kick-butt workout. Partner up and cycle through stations, all done to timed intervals to keep you on your toes!}

Cardio Sculpt: Non-stop body sculpting accompanied by heart pumping cardio.}

Cardio Tai Box: A high energy, high impact blend of kicks and punches set to upbeat music. The perfect combination of martial arts, boxing and cardiovascular training.}

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}

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.}

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 Core: Set your core on fire with this red-hot training session. Get 360 degrees of core conditioning in a 100-degree studio in a workout that will support, define, and strengthen your entire midsection.

Bring your own mat, mat towel, and water bottle}

Hot HIIT: Ignite the fire, then freeze in this hot take on HIIT. In this 100-degree infrared experience, rounds of HIIT based athletic exercise variations alternate with core stability movements to create an energizing workout that will challenge your stamina and build your endurance.

Bring your own mat, mat towel, and water bottle}

Hot Mobility: Let the heat melt your muscles and rejuvenate your joints in this energetic mobility-based class. Variations on mobility exercises interspersed with segments of progressive muscle release, all in 100-degree infrared heat, will create ease in movement, pain-free.

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}

Iron Mat Pilates: Push your pilates mat practice to the max with innovative exercises and the addition of weights to give your body iron-strength.}

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!}

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.}

Slow Burn: Slow down and feel the burn in this class designed to set your glutes on fire. Ignite your workout by using wide bands to tone, shape and sculpt your lower body and core. This workout delivers a one-two punch by using tempo variations and band variations to intensify each work effort.}

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.}

The Ride: Level it Up: The strongest structures start with a sturdy foundation, then build! Get ready to feel the burn as your Ride coach helps you to establish your base intensity, then torch those calories through a series of power-pushing intervals. Prepare to rack up some of your best-ever distances, calorie burns and power output!}

Top 10x10: 10 exercises, 10 times for 10 rounds. The goal is to hit 100 as many times as you can in this total body takedown. Considered the ultimate challenge round based class this workout will leave you dripping in sweat and pride as you make it to the 100 mark at each block.}

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.}

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!}

Transform it: Core: Transform It: Core brings a dynamic dimension to training the midsection! Using our adjustable decks, work with and against gravity for added intensity and depth and range of motion that will target every core muscle group, from your obliques to your back extensors. Get a new angle on training and experience your core like never before!}

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.}

Unbreakable: Become unbreakable by utilizing the power of yoga, deep stretching techniques and myofascial release. Breathe, flow and find your way to an "unbreakable body" in this class that focuses on the power of restoration. This 60 minute class will start with traditional Vinyasa flow followed by specific releases using straps, lacrosse balls and blocks. Designed to get relieve your body, calm your mind and light your soul this class is the perfect addition to preserve and protect your most valuable asset.}

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.}

244 Nicholas Pkwy W Cape Coral | 239.242.2348
Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Sat - Sun: 7:00am - 7:00pm