



# GROUP FITNESS

KISSIMMEE

Week of 04/28/25

\*GF / Group Fitness R / Ride HZ / HIITZone

MORNING



MID-DAY



EVENING



	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	<b>The Ride</b> - R* 6:00 - 45m Guiomar P <b>The Ride</b> - R* 8:30 - 45m Stacy P <b>Legendary Strength</b> - GF* 9:15 - 45m Stacy P <b>10 in 10: Core</b> - GF* 10:00 - 15m Stacy P <b>ZUMBA ®</b> - GF* 10:30 - 60m Patrice R <b>Yoga Body Sculpt</b> - GF* 11:30 - 60m Karina A	<b>The Ride</b> - R* 6:00 - 45m Maria S <b>The Ride</b> - R* 8:30 - 45m Stacy P <b>Barbell Battleground</b> - GF* 9:15 - 45m Josie <b>Transform it: Core</b> - GF* 10:00 - 30m Josie	<b>The Ride</b> - R* 6:00 - 45m Lenroy L <b>The Ride: Heavy Mileage</b> - R* 8:30 - 45m Stacy P <b>Top to Bottom Burnout</b> - GF* 9:15 - 30m Stacy P <b>ZUMBA ®</b> - GF* 10:00 - 60m Evelyn R <b>10 in 10: Core</b> - HZ* 10:15 - 15m Josie <b>Yoga Body Sculpt</b> - GF* 11:00 - 60m Philippe O	<b>The Ride</b> - R* 6:00 - 45m Abner M <b>The Ride</b> - R* 8:30 - 45m Roy Maldonado <b>Barbell Battleground</b> - GF* 9:15 - 45m Stacy P <b>10 in 10: Agility</b> - GF* 10:00 - 15m Stacy P	<b>The Ride</b> - R* 6:00 - 45m Abner M <b>The Ride: Let the Beat Drop</b> - R* 8:30 - 45m Stacy P <b>Transform it: Strong</b> - GF* 9:15 - 30m Josie <b>P3 Pilates</b> - GF* 9:45 - 45m Josie <b>ZUMBA ®</b> - GF* 10:45 - 60m Vivied S	<b>Barbell 45</b> - GF* 8:30 - 45m Josie <b>The Ride</b> - R* 8:30 - 45m Roy Maldonado <b>ZUMBA ®</b> - GF* 9:30 - 60m Nyliana P	<b>The Ride</b> - R* 9:00 - 45m Stacy P <b>ZUMBA ®</b> - GF* 10:00 - 60m Karol <b>Yoga Body Sculpt</b> - GF* 11:00 - 60m Karol
MID-DAY							
EVENING	<b>Legendary Strength</b> - GF* 6:00 - 30m Josie <b>The Ride: Let the Beat Drop</b> - R* 6:15 - 45m Lenroy L <b>Yoga Body Sculpt</b> - GF* 6:30 - 60m Josie <b>ZUMBA ®</b> - GF* 7:30 - 60m David C	<b>Barbell Battleground</b> - GF* 6:00 - 45m Ali <b>The Ride</b> - R* 6:00 - 45m Rolando Q <b>ZUMBA ®</b> - GF* 7:00 - 60m Nyliana P <b>The Ride: Let the Beat Drop</b> - R* 7:15 - 45m Ana G <b>Yoga Body Sculpt</b> - GF* 8:00 - 60m Anika A	<b>Legendary Strength</b> - GF* 6:00 - 45m Yanira R <b>The Ride</b> - R* 6:15 - 45m Alexis T <b>ZUMBA ®</b> - GF* 6:45 - 60m Karol <b>Yoga Body Sculpt</b> - GF* 7:45 - 60m Karol	<b>The Ride</b> - R* 6:00 - 45m Rolando Q <b>Barbell 45</b> - GF* 6:15 - 45m Stacy P <b>ZUMBA ®</b> - GF* 7:15 - 60m Anita <b>The Ride</b> - R* 7:15 - 45m Emily V	<b>The Ride</b> - R* 6:30 - 45m Ana G <b>ZUMBA ®</b> - GF* 7:30 - 60m David C		



# CLASS DESCRIPTIONS

# KISSIMMEE

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

850 W. Osceola Pkwy | 407.214.6607  
Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 7:00am - 7:00pm

**10 in 10: Agility:** Improve your balance, coordination, mental focus, and overall athleticism in this 10-minute, 10-move session that serves as a great bonus finisher (or opener) to any workout.}

**10 in 10: Core:** Got ten minutes? Build a rock-solid midsection in just 10 exercises designed to activate your core and build balance, stability, and overall strength.}

**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.}

**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.}

**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.}

**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!}

**Transform it: Strong:** Transform your fitness with the power of adjustable decks and dumbbells! Elevate your upper half and level up your lower body with dedicated rounds of work to leave you sculpted and lean. Explore the intensity of the incline and dig into the decline as you morph your way to your most powerful body!}

**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.}