



MORNING

MID-DAY

EVENING

	MONDAY, 02/10/25	TUESDAY, 02/11/25	WEDNESDAY, 02/12/25	THURSDAY, 02/13/25	FRIDAY, 02/14/25	SATURDAY, 02/15/25	SUNDAY, 02/16/25
MORNING	<p>The Ride - RS* 8:15 - 45m Sarah Y</p> <p>Top it Off - GF* 9:00 - 30m Desi</p> <p>Fat Burning Pilates - GF* 9:30 - 30m Desi</p> <p>Joint Ventures - GF* 10:00 - 30m Desi</p>	<p>The Ride: Let the Beat Drop - RS* 6:00 - 45m Kim</p> <p>Hot Athlete - HY* 8:00 - 45m Karen B</p> <p>Cardio Sculpt - GF* 9:00 - 30m Cristina B</p> <p>Chisel - GF* 9:30 - 30m Cristina B</p>	<p>Chisel - GF* 8:00 - 30m Desi</p> <p>Foundation - HY* 8:00 - 60m Karen H</p> <p>The Ride: Let the Beat Drop - RS* 8:15 - 45m Kim</p> <p>Belly, Butt, & Thighs Bootcamp - GF* 8:30 - 30m Desi</p> <p>ZUMBA @ - GF* 9:00 - 60m Gigi N.</p> <p>Hot Pilates Mat - HY* 9:15 - 45m Kim</p>	<p>The Ride: Higher Ground - RS* 6:00 - 45m Emily L</p> <p>35 in 30 - GF* 9:00 - 30m Carlos L</p> <p>Fierce - HY* 9:00 - 60m Nancy C</p> <p>So You Think You Can't Dance - GF* 9:30 - 60m Carlos L</p>	<p>The Ride: Heavy Mileage - RS* 8:00 - 45m Heather W</p> <p>POUND@ - GF* 8:00 - 30m Kim</p> <p>Absolution - GF* 8:30 - 30m Kim</p> <p>ZUMBA @ - GF* 9:00 - 60m Cristina B</p> <p>Joint Ventures - GF* 10:00 - 30m Cristina B</p> <p>Foundation - HY* 10:00 - 60m Nicole R</p>	<p>The Ride: Higher Ground - RS* 8:15 - 45m Emily L</p> <p>ZUMBA @ - GF* 9:00 - 60m Jasmine C</p> <p>Flow - HY* 10:00 - 60m Nancy C</p>	<p>So You Think You Can't Dance - GF* 9:00 - 60m Kathi M</p> <p>Yoga Body Sculpt - GF* 10:15 - 60m Kathi M</p>
MID-DAY							
EVENING	<p>ZUMBA @ - GF* 5:30 - 60m Gigi N.</p> <p>Fierce - HY* 6:30 - 60m Charlotte C</p> <p>Top it Off - GF* 6:30 - 30m Karen B</p> <p>Belly, Butt, & Thighs Bootcamp - GF* 7:00 - 30m Karen B</p>	<p>BodyWeb w/ TRX@ Circuit - GF* 5:15 - 30m Deb</p> <p>Foundation - HY* 5:30 - 60m Nancy C</p> <p>360-3X - GF* 5:45 - 30m Deb</p> <p>ZUMBA @ - GF* 6:30 - 60m Jasmine C</p> <p>The Ride - RS* 6:30 - 45m Carlos L</p>	<p>Hot Pilates Mat - HY* 5:45 - 45m Rita G</p> <p>Absolution - GF* 6:30 - 30m Rita G</p> <p>Flow - HY* 6:30 - 60m Lia</p>	<p>ZUMBA @ - GF* 5:45 - 30m Rita G</p> <p>Joint Ventures - HY* 6:15 - 30m Rita G</p> <p>The Ride - RS* 6:30 - 45m Carlos L</p>	<p>So You Think You Can't Dance - GF* 6:30 - 60m Carlos L</p>		<p>Flow - HY* 4:00 - 60m Charlotte C</p>



CLASS DESCRIPTIONS

WICKHAM

4880 N Wickham Road | 321.499.2243

Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Sat - Sun: 7:00am - 7:00pm

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

35 in 30: After more than 35 years, Crunch is stronger than ever! 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 Crunch strong!}

360-3X: 360 degrees of pure work! Using dedicated work efforts designed to challenge even the most seasoned athlete 360-3X delivers a serious heart pounding, calorie burning workout designed to push you to the max. Using a signature formula of three 60 second work efforts grouped in rounds, 360-3X provides a total body workout with maximum results.}

Absolution: The perfect core strengthening solution: concentrated ab-centric exercises paired with deep restorative stretching.}

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.}

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

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

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}

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}

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.}

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.}

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: Higher Ground: Take it to HIGHER GROUND as a true cyclist in this POWER-ful Ride experience. Focus on a series of steep hill intervals and grueling climbs while meeting or beating your personal best efforts in this demanding Ride. You'll create strong, lean, powerful muscles while mastering your mindset in this rewarding workout. Celebrate becoming Monarch of the Mountain!}

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.}

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.}