



GROUP FITNESS

WINTER SPRINGS

Week of 06/09/25
*GF / Group Fitness R / Ride

	MONDAY, 06/09/25	TUESDAY, 06/10/25	WEDNESDAY, 06/11/25	THURSDAY, 06/12/25	FRIDAY, 06/13/25	SATURDAY, 06/14/25	SUNDAY, 06/15/25
MORNING 	Top to Bottom Burnout - GF* 9:00 - 30m Laura M Tough20 - GF* 9:30 - 30m Laura M P3 Pilates - GF* 10:00 - 45m Laura M	The Ride - R* 6:00 - 45m Bridget D ZUMBA @ - GF* 10:00 - 60m Kariny S	Top to Bottom Burnout - GF* 9:30 - 30m Erika C Tough20 - GF* 10:00 - 30m Erika C	The Ride: Let the Beat Drop - R* 6:00 - 45m Ana G P3 Pilates - GF* 10:00 - 45m Alice G	The Ride: Heavy Mileage - R* 9:00 - 45m Angelica F Yoga Body Sculpt - GF* 10:00 - 60m Tasha C	ZUMBA @ - GF* 9:30 - 60m Kariny S The Ride - GF* 9:45 - 45m Bridget D	The Ride - GF* 9:30 - 45m Christina R Yoga Body Sculpt - GF* 10:30 - 60m Tasha C
MID-DAY 							
EVENING 	Top to Bottom Burnout - GF* 5:15 - 30m Tani 10 in 10: Core - GF* 5:45 - 15m Tani The Ride - R* 6:15 - 45m Christina R Yoga Body Sculpt - GF* 7:00 - 60m Rokaya M	P3 Pilates - GF* 5:15 - 45m Bonnie B The Ride: Let the Beat Drop - R* 6:15 - 45m Angelica F ZUMBA @ - GF* 7:15 - 60m Erika C	The Ride - R* 6:45 - 45m Amber B Yoga Body Sculpt - GF* 7:30 - 60m Alice G	Legendary Strength - GF* 5:30 - 45m Marie D ZUMBA @ - GF* 7:30 - 60m Mily			



CLASS DESCRIPTIONS

WINTER SPRINGS

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

1185 East SR 434 | 407.214.3105

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

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.}

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!}

Tough20: Tough 20 will chisel your core with just 20 moves. This all bodyweight core focused class will produce 6 pack ready results in no time. Start at 20 and count your way down to a tight and toned mid-section.}

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.}