



# GROUP FITNESS

## CUTLER BAY

Week of 04/28/25  
\*R / Ride GF / Group Fitness

	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* 9:30 - 45m Eyaimy <b>ZUMBA ®</b> - GF* 9:45 - 60m Nestor	<b>Top to Bottom Burnout</b> - GF* 5:30 - 30m Sharon <b>HIIT The Deck</b> - GF* 6:00 - 30m Sharon <b>ZUMBA ®</b> - GF* 9:30 - 60m Ary <b>The Ride</b> - R* 9:45 - 45m Eyaimy	<b>The Ride</b> - R* 8:00 - 45m Ale <b>Barbell Bound</b> - GF* 9:00 - 45m Ale <b>ZUMBA ®</b> - GF* 9:45 - 60m Natalia	<b>Legendary Strength</b> - GF* 9:30 - 45m Ale <b>The Ride</b> - R* 9:45 - 45m Jojo <b>10 in 10: Core</b> - GF* 10:15 - 15m Ale <b>Yoga Body Sculpt</b> - GF* 10:30 - 60m Ale	<b>ZUMBA ®</b> - GF* 9:45 - 60m Seiny <b>The Ride: Let the Beat Drop</b> - GF* 10:00 - 45m Mary <b>Yoga Body Sculpt</b> - GF* 10:45 - 60m Lilly	<b>ZUMBA ®</b> - GF* 9:15 - 60m Minneva T <b>The Ride</b> - R* 10:00 - 45m Lilly <b>Yoga Body Sculpt</b> - GF* 11:00 - 60m Lilly	<b>The Ride: Heavy Mileage</b> - R* 9:30 - 45m Mary <b>ZUMBA ®</b> - GF* 10:15 - 60m Sharon
MID-DAY 							
EVENING 	<b>Barbell Battleground</b> - GF* 6:00 - 45m Noreen G <b>The Ride: Heavy Mileage</b> - R* 6:15 - 45m Erika <b>ZUMBA ®</b> - GF* 7:00 - 60m Noreen G <b>Yoga Body Sculpt</b> - GF* 8:00 - 60m Ale	<b>POUND®</b> - GF* 6:00 - 30m Noreen G <b>Strong Nation®</b> - GF* 6:30 - 30m Noreen G <b>The Ride: Let the Beat Drop</b> - R* 7:00 - 45m Mary <b>ZUMBA ®</b> - GF* 7:30 - 60m Telena	<b>Top to Bottom Burnout</b> - GF* 6:00 - 30m Ale <b>The Ride</b> - R* 6:15 - 45m Mary <b>Absolution</b> - GF* 6:30 - 30m Ale <b>ZUMBA ®</b> - GF* 7:00 - 60m Seiny	<b>The Ride</b> - R* 6:15 - 45m Ale <b>P3 Pilates</b> - GF* 6:30 - 45m Lilly <b>10 in 10: Mobility</b> - GF* 7:15 - 15m Lilly <b>ZUMBA ®</b> - GF* 7:30 - 60m Gigi	<b>So You Think You Can't Dance</b> - GF* 7:00 - 60m Sharon		



# CLASS DESCRIPTIONS

# CUTLER BAY

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

20851 South Dixie Highway | 305.517.4900

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.}

**10 in 10: Mobility:** Give us just ten minutes and keep it moving in this 10-exercise workout designed to prevent injury, increase your flexibility and improve your range of motion.}

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

**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}

**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.}

**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.}

**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!}

**Strong Nation®:** STRONG NATION® combines high intensity interval training (HIIT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that will push you past your perceived limits, to reach your most ambitious fitness goals faster. The music in STRONG NATION® was crafted to drive the intensity of the class in a challenging progression that provides a total body workout. The result? A group fitness experience like no other. Get fitter. Get faster. Get stronger.}

**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!}

**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.}