



GROUP FITNESS

GREENACRES

Week of 08/18/25

*GF / Group Fitness

	MONDAY, 08/18/25	TUESDAY, 08/19/25	WEDNESDAY, 08/20/25	THURSDAY, 08/21/25	FRIDAY, 08/22/25	SATURDAY, 08/23/25	SUNDAY, 08/24/25
MORNING 	Yoga Body Sculpt - GF* 9:00 - 60m Joyce M ZUMBA @ - GF* 10:00 - 60m Kana	Barbell 45 - GF* 8:30 - 45m Renee ZUMBA @ - GF* 9:30 - 60m Randy	Barbell Battleground - GF* 9:00 - 45m Creation R So You Think You Can't Dance - GF* 10:00 - 60m Randy	30 Second Solution - GF* 8:30 - 45m Angie ZUMBA @ - GF* 9:30 - 60m Wanda F	Cardio Tai Box Loaded - GF* 9:00 - 30m Creation R Stacked - GF* 9:30 - 30m Creation R ZUMBA @ - GF* 10:00 - 60m Marisel M	Ripped Pilates - GF* 9:00 - 45m Valerie M ZUMBA @ - GF* 9:45 - 60m Mercedes C	Yoga Body Sculpt - GF* 9:00 - 60m Maria Z ZUMBA @ - GF* 10:00 - 60m Irma G
MID-DAY 	Yoga Body Sculpt - GF* 12:00 - 60m Maria Z		Yoga Body Sculpt - GF* 12:00 - 60m Maria Z				
EVENING 	Barbell 45 - GF* 6:00 - 45m Marisol ZUMBA @ - GF* 7:00 - 60m Marisol	So You Think You Can't Dance - GF* 6:00 - 60m KC ZUMBA @ - GF* 7:00 - 60m Maribel Restrepo	Ripped Pilates - GF* 6:00 - 45m Brandy S ZUMBA @ - GF* 7:00 - 60m Lissette R Barbell Battleground - GF* 8:00 - 45m Lissette R	Yoga Body Sculpt - GF* 5:00 - 60m Maria Z So You Think You Can't Dance - GF* 6:00 - 60m Shea-Ann ZUMBA @ - GF* 7:00 - 60m Mercedes C	Ripped Pilates - GF* 6:00 - 45m Brandy S ZUMBA @ - GF* 7:00 - 60m Maribel Restrepo		



CLASS DESCRIPTIONS

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

6846 Forest Hill Blvd | 561.369.6001

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

30 Second Solution: Find your 30-Second Solution to success! Work through single, double and triple stacks with a partner in this singular fitness solution that challenges your body in a flurry of 30-second work segments. Designed as a total body workout encompassing cardio, core, strength and mobility, this 45-minute class packs a punch. Blaze through four blocks of SUPER STACKS and finish feeling invincible with your new favorite workout solution!}

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.}

Cardio Tai Box Loaded: Get ready to sweat in this remixed version of Cardio Tai Box. Hit, kick and punch your way through dedicated cardio rounds mixed with high rep low weight work designed to give your workout the maximum punch. Rounds of super high intensity cardio mixed with targeted upper body sculpting makes Cardio Tai Box Loaded the winner of the bout. This workout packs a punch!}

Ripped Pilates: Get ripped with this bad\$\$\$ take on mat Pilates. Not your mama's practice, this format activates the core, builds strength and muscular endurance, and powers through a sweat-inducing energizing flow. You will come away unstoppable!}

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!}

Stacked: Take your workout to new heights as you layer stack upon stack of cardio and weight exercises. Build your way to the top of the pyramid with increasing time and exercise intensity along the way and prepare to dig deep to work your way back down. Let's see how you Stack 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.}