



GROUP FITNESS

PALM BEACH GARDENS

Week of 04/21/25

*R / Ride GF / Group Fitness hz / HIITZone

	MONDAY, 04/21/25	TUESDAY, 04/22/25	WEDNESDAY, 04/23/25	THURSDAY, 04/24/25	FRIDAY, 04/25/25	SATURDAY, 04/26/25	SUNDAY, 04/27/25
MORNING ☀️	10 in 10: Core - hz* 9:15 - 15m Jessy Ripped Pilates - GF* 9:30 - 45m Jessy	Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Creation R Top it Off - GF* 9:30 - 30m Creation R Hatha Flow - GF* 10:00 - 60m Alexandra K	P3 Pilates - GF* 9:15 - 45m Jessy So You Think You Can't Dance - GF* 10:00 - 60m Joanna C	Cardio Tai Box Loaded - GF* 9:00 - 30m Creation R Legendary Strength - GF* 9:30 - 30m Creation R	Top to Bottom Burnout - GF* 9:00 - 30m Jessy 10 in 10: Mobility - GF* 9:30 - 15m Jessy	The Ride - R* 8:00 - 45m Creation R ZUMBA @ - GF* 10:00 - 60m Liana C	The Ride - R* 8:30 - 45m Nlttaya S Chisel - GF* 9:15 - 30m Jessy Yoga Body Sculpt - GF* 9:45 - 60m Jessy
MID-DAY ☀️							
EVENING 🌙	Hatha Flow - GF* 6:00 - 60m Ava E The Ride - R* 6:15 - 45m Creation R So You Think You Can't Dance - GF* 7:00 - 60m Joanna C	*Special Event* Pedal for the Planet - R* 6:15 - 45m Shar Band Camp - GF* 6:15 - 30m Brogan M 10 in 10: Top - GF* 6:45 - 15m Brogan M ZUMBA @ - GF* 7:00 - 60m Maria B	Yoga Body Sculpt - GF* 6:00 - 60m Liv The Ride - R* 6:15 - 45m Creation R So You Think You Can't Dance - GF* 7:00 - 60m Brogan M	Top it Off - GF* 6:15 - 30m Brogan M 10 in 10: Core - GF* 6:45 - 15m Brogan M So You Think You Can't Dance - GF* 7:00 - 60m Kana			



CLASS DESCRIPTIONS

PALM BEACH GARDENS

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

4242 Northlake Blvd | 561.462.2907

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

***Special Event* Pedal for the Planet:** Generate clean power in any of our Crunch Ride classes to celebrate Earth Day (Tuesday, April 22nd) and Matrix Fitness will donate \$1 per class to OneTreePlanted.org, planting one tree for every dollar. Let's Crunch our goal of 1,000 trees!

Crunch Ride: Good for your body, good for the planet!}

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.}

10 in 10: Top: Need an efficient workout targeting just the upper body? Build flex appeal with 10 exercises customized to sculpt shoulders, arms, chest, and back.}

Band Camp: Get ready for Band Camp! Boost your workout and your backside with this dedicated lower body class that utilizes bands and bodyweight. Chisel your lower body and sculpt your core with unique movements that challenge your muscular endurance, core strength and stability. Band Camp delivers big results!}

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.}

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!}

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

Hatha Flow: Yoga that integrates posture, breathing exercises, relaxation and meditation to harmonize you on every level - body, mind and spirit. A delicious, mindful and moving class. All levels welcome.}

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.}

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!}

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.}

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.}

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.}