



GROUP FITNESS

WEST PEMBROKE

Week of 01/13/25
*GF / Group Fitness R / Ride

MORNING

MID-DAY

EVENING

	MONDAY, 01/13/25	TUESDAY, 01/14/25	WEDNESDAY, 01/15/25	THURSDAY, 01/16/25	FRIDAY, 01/17/25	SATURDAY, 01/18/25	SUNDAY, 01/19/25
MORNING	Barbell Bound - GF* 9:00 - 45m Jus The Ride - R* 9:15 - 45m Maria M 10 in 10: Core - GF* 9:45 - 15m Jus ZUMBA @ - GF* 10:00 - 60m Meiling B	The Ride - R* 5:30 - 45m Patty The Ride - R* 8:15 - 45m Michelle T 35 in 30 - GF* 8:30 - 30m Karen D P3 Pilates - GF* 9:00 - 45m Karen D	Barbell Battleground - GF* 8:30 - 45m Karen D *Special Event* The Ride - R* 9:30 - 45m Ana P ZUMBA @ - GF* 9:30 - 60m Karen D	The Ride - R* 5:30 - 45m Patty The Ride - R* 8:15 - 45m Annie Absolution - GF* 8:30 - 30m Jus Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Jus Top it Off - GF* 9:30 - 30m Jus P3 Pilates - GF* 10:00 - 45m Karina M	The Ride - R* 5:30 - 45m Jules Resisted: Speed & Strength - GF* 9:00 - 30m Jus The Ride - R* 9:15 - 45m Ana P Bodyweb w TRX @ - GF* 9:30 - 30m Jus ZUMBA @ - GF* 10:00 - 60m Meiling B	The Ride - GF* 8:30 - 45m Patty So You Think You Can't Dance - GF* 8:45 - 60m Jus The Ride - R* 10:00 - 45m Maria M ZUMBA @ - GF* 10:00 - 60m Alexander Yoga Body Sculpt - GF* 11:00 - 60m Letty	ZUMBA @ - GF* 8:45 - 60m Fabby The Ride - R* 9:15 - 45m Michael D ZUMBA @ - GF* 10:00 - 60m Priscila V Hatha Flow - GF* 11:00 - 60m Karina M
MID-DAY							
EVENING	Barbell 45 - GF* 6:00 - 45m Priscila V ZUMBA @ - GF* 7:00 - 60m Priscila V The Ride - R* 7:15 - 45m Jackie Yoga Body Sculpt - GF* 8:00 - 60m Sofia S	Yoga Body Sculpt - GF* 5:00 - 60m Noemi R HIIT The Deck - GF* 6:00 - 30m Jackie Absolution - GF* 6:30 - 30m Jackie ZUMBA @ - GF* 7:00 - 60m Alexander The Ride - R* 7:15 - 45m Jackie	Fat Burning Pilates - GF* 5:30 - 30m Kali T Belly, Butt, & Thighs Bootcamp - GF* 6:00 - 30m Kali T Top it Off - GF* 6:30 - 30m Kali T The Ride - R* 7:00 - 45m Stephanie S ZUMBA @ - GF* 7:00 - 60m Hazel E	Yoga Body Sculpt - GF* 5:00 - 60m Nya B Barbell Bound - GF* 6:00 - 45m Liliana G 10 in 10: Core - GF* 6:45 - 15m Liliana G ZUMBA @ - GF* 7:00 - 60m Karen D Ripped Pilates - GF* 8:00 - 30m Karen D	ZUMBA @ - GF* 6:30 - 60m Liliana G		



CLASS DESCRIPTIONS

WEST PEMBROKE

16024 Pines Blvd | 754.663.0110

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

***Special Event* The Ride:** Put the pedals to the metal in this fast-paced workout taught on a stationary bike and led by a Crunch Master Instructor. You'll climb, sprint, and train to incredible music and extraordinary instruction.}

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.}

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!}

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

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.}

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!}

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 @: Hang from the durable TRX® ropes to push, pull, lift and lower your body through Spiderman moves for a total body suspension workout that also super-strengthens your core.}

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

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.}

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.}

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.}

Resisted: Speed & Strength: Take your workout to new lengths with state-of-the-art dynamic sleeved training equipment to challenge your muscles with a different kind of resistance. Release your inner athlete, building endurance and strength as you alternate between intense strength and heart-pumping cardio intervals.}

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 unstopppable!}

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.}

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.}