



GROUP FITNESS

TAMARAC

Week of 08/18/25

*GF / Group Fitness R / Ride P / Pool

MORNING



MID-DAY



EVENING



	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	Barbell 45 - GF* 9:30 - 45m Janina J ZUMBA @ - GF* 10:30 - 60m Janina J	The Ride - R* 5:30 - 45m James H Beach Workout - Legs, Core & More - GF* 10:00 - 30m Francesca G Beach Workout - Arms & Abs - GF* 10:30 - 30m Francesca G	Legendary Strength - GF* 5:30 - 45m Kervens M 10 in 10: Core - GF* 6:15 - 15m Kervens M Legendary Strength - GF* 9:30 - 45m Janina J 10 in 10: Core - GF* 10:15 - 15m Janina J	The Ride - R* 5:30 - 45m James H Barbell 45 - GF* 10:00 - 45m Adae G 10 in 10: Core - GF* 10:45 - 15m Adae G	Barbell 45 - GF* 5:30 - 45m Adae G 10 in 10: Core - GF* 6:15 - 15m Adae G Belly, Butt, & Thighs Bootcamp - GF* 10:00 - 30m Adae G Top it Off - GF* 10:30 - 30m Adae G	Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Ruby Top it Off - GF* 9:30 - 30m Ruby The Ride: Let the Beat Drop - R* 10:15 - 45m Ruby Aqua Marine - P* 10:30 - 60m Shana Yoga Body Sculpt - GF* 11:00 - 60m Jack B	
MID-DAY							
EVENING	Barbell 45 - GF* 6:15 - 45m Ruby Absolution - GF* 7:00 - 30m Ruby The Ride - R* 7:30 - 45m Nicolas J ZUMBA @ - GF* 7:30 - 60m Alisha C	Legendary Strength - GF* 6:00 - 45m Kervens M 10 in 10: Core - GF* 6:45 - 15m Kervens M Aqua Attack - P* 7:00 - 60m James H Hatha Flow - GF* 7:00 - 60m Wanda O The Ride: Let the Beat Drop - R* 7:15 - 45m Leibeth M ZUMBA @ - GF* 8:00 - 60m Carlos D	Barbell 45 - GF* 6:00 - 45m Latonia M The Ride - R* 7:15 - 45m James H ZUMBA @ - GF* 7:30 - 60m Genie	Barre Assets - GF* 6:00 - 30m Laura J Legendary Strength - GF* 6:30 - 45m Laura J Aqua Attack - P* 7:00 - 60m Trish J The Ride - R* 7:30 - 45m Laura J	ZUMBA @ - GF* 7:00 - 60m Ruby		



CLASS DESCRIPTIONS

TAMARAC

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

4017 W Commercial Blvd | 754.336.1001

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.}

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

Aqua Attack: Immerse yourself in multiple fitness modalities, all using the power of the pool! Plunge into quadrants of cardio, plyo pop-ups, splashes of strength, and chunks of core-crushing work, all designed to get you fiercely fit in a tsunami of FUN!
NOTE: Participants should wear close-fitting fitness gear (not swimsuits) and aquatic or athletic shoes designated for pool workouts. Street shoes are not recommended, as to avoid pool contamination.}

Aqua Marine: Make a SPLASH with this water-based HIIT workout that protects the joints while kicking ass. Get in formation with your platoon with weighted and unweighted athletic drills designed to amp up your heart rate and challenge your strength, all in 360° of water resistance, without swimming a lap!}

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!}

Barre Assets: Combine fat burning exercises with classical ballet movements and leave looking as lean and toned as a prima ballerina.}

Beach Workout - Arms & Abs: Grab your sunscreen and get ready for a super(set) summer!!! The Beach workout is designed to sculpt your upper body, incorporating "Supersets" to strengthen more muscles in less time. Pair that technique with weighted core blasts to shred your torso and a finisher of six 1-minute Burnout Sets, and this workout will have you feeling the BURN in no time!}

Beach Workout - Legs, Core & More: Grab your sunscreen and get ready for a super(set) summer!!! The Beach workout is designed to sculpt not only your assets, but ALL of the muscles in your lower body, incorporating "Supersets" to strengthen more muscles in less time. Pair that technique with fat-torching cardio blasts and a finisher of six 1-minute Burnout Sets, and this workout will have you feeling the BURN in no time!}

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.}

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!}

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: 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 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.}