



GROUP FITNESS

FRISCO

Week of 06/23/25

*GF / Group Fitness HS / Hot Studio Rd / Ride

MORNING
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MID-DAY
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EVENING
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	MONDAY, 06/23/25	TUESDAY, 06/24/25	WEDNESDAY, 06/25/25	THURSDAY, 06/26/25	FRIDAY, 06/27/25	SATURDAY, 06/28/25	SUNDAY, 06/29/25
	The Ride: Heavy Mileage - Rd* 5:45 - 45m Michelle Z Flow - HS* 10:00 - 60m Alicia S ZUMBA @ - GF* 11:00 - 60m Carola C	Foundation - HS* 5:30 - 60m Deanna S Flow - HS* 6:30 - 60m Deanna S Foundation - HS* 9:30 - 60m Ada P ZUMBA @ - GF* 10:00 - 60m Carola C	The Ride: Heavy Mileage - Rd* 5:45 - 45m Michelle Z ZUMBA @ - GF* 10:00 - 60m Angela H P3 Pilates - GF* 11:00 - 45m Diana S	ZUMBA @ - GF* 9:00 - 60m Rachel H	The Ride: Heavy Mileage - Rd* 5:45 - 45m Michelle Z Foundation - HS* 8:00 - 60m Diana S Flow - HS* 9:00 - 60m Diana S ZUMBA @ - GF* 10:00 - 60m Carola C	The Ride: Let the Beat Drop - Rd* 9:30 - 45m Emma T ZUMBA @ - GF* 10:00 - 60m Stephanie C Flow - HS* 10:30 - 60m Stacey S Chisel - GF* 11:00 - 30m Anthony F Slow Burn - GF* 11:30 - 30m Anthony F	ZUMBA @ - GF* 10:00 - 60m Patricia C
		The Ride - Rd* 12:00 - 45m Caroline V	Foundation - HS* 12:00 - 60m Diana S				Hot Pilates Mat - HS* 2:00 - 45m Erica P
	Belly, Butt, & Thighs Bootcamp - GF* 5:30 - 30m Emma T Fat Burning Pilates - GF* 6:00 - 30m Emma T The Ride - Rd* 6:00 - 45m Taylor H ZUMBA @ - GF* 6:30 - 60m Rachel H Hot Pilates Mat - HS* 7:30 - 45m Erica P	Barre Bootcamp - GF* 5:30 - 30m Ava M Flow - HS* 5:30 - 60m Angelica C Iron Mat Pilates - GF* 6:00 - 30m Ava M The Ride - Rd* 6:30 - 45m Denys B Hot Pilates Mat - HS* 6:30 - 45m Angelica C ZUMBA @ - GF* 6:30 - 60m Carola C Fierce - HS* 7:30 - 60m Angelica C	Hot Pilates Mat - HS* 5:30 - 45m Angelica C Cardio Tai Box - GF* 5:30 - 30m Amanda R Legendary Strength - GF* 6:00 - 30m Amanda R Flow - HS* 6:30 - 60m Ada P ZUMBA @ - GF* 6:30 - 60m Carola C Yoga Body Sculpt - GF* 7:30 - 60m Angelica C	Iron Mat Pilates - GF* 5:30 - 30m Ava M Hot Pilates Mat - HS* 5:30 - 45m Erica P Barre Bootcamp - GF* 6:00 - 30m Ava M ZUMBA @ - GF* 6:30 - 60m Carola C Flow - HS* 6:30 - 60m Sangita R The Ride: Heavy Mileage - Rd* 6:30 - 45m Denys B Foundation - HS* 7:30 - 60m Erica P Chill the Flow Out Yoga - GF* 7:30 - 60m Emma T			



CLASS DESCRIPTIONS

FRISCO

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

3865 Preston Rd | 469.342.0456

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

Barre Bootcamp: Step up to the BARRE in this high-energy fusion of barre work with segments of strength designed to redefine your limits. Crush those lower body goals with our killer sequence of three barre-based exercises, then crank up the intensity with upper body strength challenges to unleash your powerhouse potential.}

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: A high energy; high impact blend of kicks and punches set to upbeat music. The perfect combination of martial arts, boxing and cardiovascular training.}

Chill the Flow Out Yoga: Tune out society's noise and tap into the steadiness and ease of your body's natural rhythms in this slow, powerful yoga flow. Build strength and resilience by creating space in every movement with mindful connection between body and breath. You'll discover ease in your body and stillness in your mind.}

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

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

Fierce: Take your yoga practice to the next level in this unique class that combines athletic movement, power yoga and balance challenges all taught in a heated studio. Special "fire it up" challenges inserted throughout the workout are designed to challenge both your mind and body. This one of a kind yoga class will leave you with a fierce attitude and a fit body!

Bring your own mat, mat towel, and water bottle}

Flow: This Vinyasa flow class will take your yoga to the next level all while practicing in a heated studio. This unique class blends beautiful movements along with music that enhance the experience and will leave your mind in flight as your body flows through this one of a kind yoga sequence.

Bring your own mat, mat towel, and water bottle}

Foundation: Build your practice - build the foundation. Foundation focuses on a sequence of basic yoga poses taught in a heated studio. Level options are offered in this unique class that is great for new yoga fans and also experienced yoga fanatics.

Bring your own mat, mat towel, and water bottle}

Hot Pilates Mat: Ignite your core in this full-body Hot Pilates mat workout. Infuse functional fitness with Pilates principles in the infrared heat and fire up your flexibility and mobility while challenging strength and stability. 100-based challenges (reps, breaths, or seconds) in the 100-degree studio bring the heat!

Bring your own mat, mat towel, and water bottle}

Iron Mat Pilates: Push your pilates mat practice to the max with innovative exercises and the addition of weights to give your body iron-strength.}

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.}

Slow Burn: Slow down and feel the burn in this class designed to set your glutes on fire. Ignite your workout by using wide bands to tone, shape and sculpt your lower body and core. This workout delivers a one-two punch by using tempo variations and band variations to intensify each work effort.}

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.}

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.}