



GROUP FITNESS

ST. PETE NORTHEAST

Week of 06/30/25

*HS / HOT YOGA R / Ride GF / Group Fitness

MORNING



MID-DAY



EVENING



	MONDAY, 06/30/25	TUESDAY, 07/01/25	WEDNESDAY, 07/02/25	THURSDAY, 07/03/25	FRIDAY, 07/04/25	SATURDAY, 07/05/25	SUNDAY, 07/06/25
	Fierce - HS* 7:00 - 60m Tracy D ZUMBA @ - GF* 9:00 - 60m Telma L The Ride - R* 9:15 - 45m Anna B Flow - HS* 10:00 - 60m Amanda G Barbell 45 - GF* 10:15 - 45m Tracy D MYO® Release. Move. Improve. - HS* 11:15 - 30m Tracy D	The Ride - R* 6:00 - 45m WENDY C Hot Pilates Mat - HS* 7:00 - 45m WENDY C The Ride - R* 8:15 - 45m Tracey E Beach Workout - Legs, Core & More - GF* 9:00 - 30m Tracy D Beach Workout - Arms & Abs - GF* 9:30 - 30m Tracy D ZUMBA @ - GF* 10:00 - 60m Lori P Hot Mobility - HS* 10:15 - 30m Tracy D Flow - HS* 11:15 - 60m Amanda G	Fierce - HS* 8:15 - 60m Amanda G The Ride - R* 9:15 - 45m Marie M Hot Core - HS* 9:15 - 30m Amanda G Flow - HS* 10:00 - 60m Amanda G Barbell 45 - GF* 10:15 - 45m Thanecha Chill the Flow Out Yoga - HS* 11:15 - 60m Amanda G	Flow - HS* 7:00 - 60m Sara G ZUMBA @ - GF* 9:00 - 60m Carmen V The Ride - R* 10:00 - 45m Tracey E Top to Bottom Burnout - GF* 10:00 - 30m Tracy D Flow - HS* 10:00 - 60m Amber W Absolution - GF* 10:30 - 30m Tracy D Hot Mobility - HS* 11:15 - 30m Tracy D	Hot Pilates Mat - HS* 8:15 - 45m Tracy D ZUMBA @ - GF* 9:00 - 60m Lori P The Ride - R* 9:15 - 45m Daryl E Beach Workout - Arms & Abs - GF* 10:00 - 30m Rebekah C Fat Burning Pilates - GF* 10:30 - 30m Rebekah C	Fierce - HS* 8:30 - 60m Rachel V ZUMBA @ - GF* 9:00 - 60m Lisa H Flow - HS* 10:00 - 60m Julia D Barbell Bound - GF* 10:15 - 45m Daryl E The Ride - R* 10:30 - 45m Manuel R Hatha Flow - GF* 11:30 - 60m Anna G	ZUMBA @ - GF* 10:00 - 60m KIRSTEN B Flow - HS* 10:00 - 60m ERIN H The Ride - R* 10:30 - 45m Mimi Hatha Flow - GF* 11:00 - 60m Julia D
			The Ride - R* 12:00 - 45m Mimi	Hot Pilates Mat - HS* 12:00 - 45m Tracy D			
	P3 Pilates - GF* 5:30 - 45m Courtney M The Ride - R* 5:45 - 45m Daryl E Foundation - HS* 6:00 - 60m Kathern N Barbell 45 - GF* 6:45 - 45m Daryl E Flow - HS* 7:15 - 60m Daiva D Chill the Flow Out Yoga - GF* 7:30 - 60m Lisa M	Hot HIIT - HS* 5:30 - 30m Thanecha ZUMBA @ - GF* 5:45 - 60m Alyssa M Hot Core - HS* 6:00 - 30m Thanecha The Ride - R* 6:00 - 45m Gaby Top to Bottom Burnout - GF* 6:45 - 30m Alyssa M Foundation - HS* 6:45 - 60m Lisa M Absolution - GF* 7:15 - 30m Alyssa M Chill the Flow Out Yoga - GF* 7:45 - 60m Sara G	Barbell 45 - GF* 5:45 - 45m Amber W Flow - HS* 6:00 - 60m PATIENCE K The Ride - R* 6:30 - 45m Manuel R ZUMBA @ - GF* 6:30 - 60m Desiree R Foundation - HS* 7:15 - 60m ALYONA	Flow - HS* 5:30 - 60m Heather M P3 Pilates - GF* 5:45 - 45m Amber W The Ride - R* 6:00 - 45m Mimi Hot Mobility - HS* 6:45 - 30m Amber W ZUMBA @ - GF* 7:00 - 60m KIRSTEN B Foundation - HS* 7:15 - 60m Anna G			



CLASS DESCRIPTIONS

ST. PETE NORTHEAST

218 37th Avenue N. | 727.380.4800

Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 7:00am - 7:00pm

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

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 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!}

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!}

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.}

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}

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.}

Hot Core: Set your core on fire with this red-hot training session. Get 360 degrees of core conditioning in a 100-degree studio in a workout that will support, define, and strengthen your entire midsection.

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

Hot HIIT: Ignite the fire, then freeze in this hot take on HIIT. In this 100-degree infrared experience, rounds of HIIT based athletic exercise variations alternate with core stability movements to create an energizing workout that will challenge your stamina and build your endurance.

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

Hot Mobility: Let the heat melt your muscles and rejuvenate your joints in this energetic mobility-based class. Variations on mobility exercises interspersed with segments of progressive muscle release, all in 100-degree infrared heat, will create ease in movement, pain-free.

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}

MYO® Release. Move. Improve.: This high-energy Myobility® class designed to unlock your body's full potential. Each round features focused blocks of strength and cardio exercises, followed by recovery using the Myobility® Bar for myofascial release to enhance mobility, and coordination. This class ensures a complete workout experience that strengthens and rejuvenates your body.}

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.}

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 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!}

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.}