



GROUP FITNESS

STUART

Week of 04/28/25

*GF / Group Fitness HY / Hot Yoga R / Ride HZ / HIITZone Bx / Training Hub

MORNING

MID-DAY

EVENING

	MONDAY, 04/28/25	TUESDAY, 04/29/25	WEDNESDAY, 04/30/25	THURSDAY, 05/01/25	FRIDAY, 05/02/25	SATURDAY, 05/03/25	SUNDAY, 05/04/25
MORNING	Flow - HY* 7:00 - 60m Wanda T The Ride - R* 8:00 - 45m JR ZUMBA @ - GF* 9:00 - 60m Lori M Barbell 45 - GF* 10:00 - 45m Kylie M Hot Pilates Mat - HY* 10:00 - 45m Lorri L Flow - HY* 11:00 - 60m Lorri L	Belly, Butt, & Thighs Bootcamp - GF* 8:30 - 30m Lisa K Top it Off - GF* 9:00 - 30m Lisa K ZUMBA @ - GF* 9:30 - 60m Kelly R Flow - HY* 9:30 - 60m Darcy G Chisel - GF* 10:30 - 30m Andrea Ripped Pilates - GF* 11:00 - 45m Andrea	Flow - HY* 7:00 - 60m Wanda T The Ride - R* 8:00 - 45m JR ZUMBA @ - GF* 9:30 - 60m Sonia M Hot Pilates Mat - HY* 10:00 - 45m Lisa K Flow - HY* 11:00 - 60m Lisa K	Barbell 45 - GF* 8:30 - 45m Lisa K ZUMBA @ - GF* 9:30 - 60m Rebeca D Flow - HY* 9:30 - 60m Wanda T Chisel - GF* 10:30 - 30m Andrea Ripped Pilates - GF* 11:00 - 45m Andrea	Flow - HY* 7:00 - 60m Wanda T The Ride - R* 7:45 - 45m Mosa R ZUMBA @ - GF* 9:30 - 60m Angie 10 in 10: Core - HZ* 9:30 - 15m Mosa R Foundation - HY* 10:00 - 60m Darcy G	The Ride - R* 8:30 - 45m Julianne D Hot Pilates Mat - HY* 8:30 - 45m Mosa R Chisel - GF* 9:30 - 30m Mosa R Hot Core - HY* 9:30 - 30m Mary M ZUMBA @ - GF* 10:00 - 60m Shannon Foundation - HY* 10:15 - 60m Mary M	Ultimate R&R - HY* 8:30 - 60m Dale J Flow - HY* 9:45 - 60m Dale J ZUMBA @ - GF* 10:00 - 60m Kelly R 10 in 10: Mobility - GF* 11:00 - 15m Kelly R
MID-DAY							
EVENING	The Ride - R* 5:30 - 45m Mary M Hatha Flow - GF* 5:45 - 60m Hayley K Fierce - HY* 6:30 - 60m Mary M ZUMBA @ - GF* 7:00 - 60m Shannon	Hot Pilates Mat - HY* 5:00 - 45m Lisa K Flow - HY* 6:00 - 60m Lisa K ZUMBA @ - GF* 7:00 - 60m Yesmina	The Ride - R* 5:30 - 45m Julianne D Flow - HY* 7:00 - 60m Darcy G ZUMBA @ - GF* 7:00 - 60m Shannon	Hot Pilates Mat - HY* 5:00 - 45m Lorri L Flow - HY* 6:00 - 60m Lorri L Barbell 45 - Bx* 6:00 - 45m Charissa S Hot Pilates Mat - HY* 7:15 - 45m Mary M			



CLASS DESCRIPTIONS

STUART

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

2508 SE Federal Highway | 772.874.2001

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.}

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.}

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!}

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.}

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

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 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}

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}

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.}

Ultimate R&R: We all need more self-care, more recovery, more rest to continue to be our best. Ultimate R&R provides the break your mind and body need. Take the foot off the accelerator and pump the brakes, focusing on a slower, gentler yoga flow followed by longer-held restorative poses supported by blocks, for the ultimate in rest and recovery.}

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.}