



GROUP FITNESS

ARLINGTON

Week of 04/28/25
*GF / Group Fitness R / Ride

MORNING
☀️

MID-DAY
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EVENING
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	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 ☀️	ZUMBA ® - GF* 9:00 - 60m Kathleen D. Yoga Body Sculpt - GF* 10:00 - 60m Gwen P.	P3 Pilates - GF* 5:15 - 45m Adam R Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Ericka R P3 Pilates - GF* 9:30 - 45m Ericka R	ZUMBA ® - GF* 9:00 - 60m Adam R	P3 Pilates - GF* 5:15 - 45m Big Bank Reesha Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Ericka R P3 Pilates - GF* 9:30 - 45m Ericka R		P3 Pilates - GF* 9:00 - 30m Big Bank Reesha So You Think You Can't Dance - GF* 9:30 - 60m Big Bank Reesha Yoga Body Sculpt - GF* 10:30 - 60m Splash of Stash	
MID-DAY ☀️							
EVENING 🌙	The Ride: Level it Up - GF* 5:30 - 45m Brandi R Band Camp - GF* 5:30 - 30m Sammy M. Legendary Strength - GF* 6:00 - 30m Sammy M. So You Think You Can't Dance - GF* 6:30 - 30m Sammy M. Abcelerator - GF* 7:00 - 30m Sammy M. Chill the Flow Out Yoga - GF* 7:30 - 60m Adam R	The Ride: Level it Up - R* 5:30 - 45m Brandi R Bodyweb w TRX ® - GF* 5:30 - 30m Keisha The Beast Transform it: Strong - GF* 6:00 - 30m Keisha The Beast ZUMBA ® - GF* 6:30 - 60m Tawana S	Belly, Butt, & Thighs Bootcamp - GF* 5:30 - 30m Aly P3 Pilates - GF* 6:00 - 30m Aly So You Think You Can't Dance - GF* 6:30 - 60m Sammy M. Chill the Flow Out Yoga - GF* 7:30 - 60m Adam R	Legendary Strength - GF* 5:30 - 30m Kathleen D. The Ride: Level it Up - R* 5:30 - 45m Brandi R Transform it: Strong - GF* 6:00 - 30m Kathleen D. ZUMBA ® - GF* 6:30 - 60m Tawana S			



CLASS DESCRIPTIONS

ARLINGTON

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

5906 South Cooper Street | 430.227.8624

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

Abcclerator: Take your workout to new heights while utilizing the Slastix and the Resistance Runner. Get ready for a sizzling six-pack in this all out core challenge that will strengthen your entire midsection while getting your heart rate up with dynamic ab-centric rounds of work!}

Band Camp: Get ready for Band Camp! Boost your workout and your backside with this dedicated lower body class that utilizes bands and bodyweight. Chisel your lower body and sculpt your core with unique movements that challenge your muscular endurance, core strength and stability. Band Camp delivers big results!}

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.}

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.}

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.}

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: Level it Up: The strongest structures start with a sturdy foundation, then build! Get ready to feel the burn as your Ride coach helps you to establish your base intensity, then torch those calories through a series of power-pushing intervals. Prepare to rack up some of your best-ever distances, calorie burns and power output!}

Transform it: Strong: Transform your fitness with the power of adjustable decks and dumbbells! Elevate your upper half and level up your lower body with dedicated rounds of work to leave you sculpted and lean. Explore the intensity of the incline and dig into the decline as you morph your way to your most powerful body!}

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.}