



GROUP FITNESS

TYRONE

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

MORNING
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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
	ZUMBA @ - GF* 9:00 - 60m Stephanie F The Ride - R* 10:00 - 45m Karina G Barbell Bound - GF* 10:15 - 45m Stephanie F Chill the Flow Out Yoga - GF* 11:00 - 60m Thanecha	Fat Burning Pilates - GF* 9:00 - 30m Karina G Band Camp - GF* 9:30 - 30m Karina G MYO® Release. Move. Improve. - GF* 10:00 - 30m Karina G	The Ride - R* 6:00 - 45m Gaby P3 Pilates - GF* 6:45 - 45m Karina G Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Gaby Absolution - GF* 9:30 - 30m Gaby Ultimate R&R - GF* 10:00 - 60m Tracy D	ZUMBA @ - GF* 9:00 - 60m Stephanie F Barre Assets - GF* 10:00 - 30m Thanecha P3 Pilates - GF* 10:30 - 45m Thanecha Joint Ventures - GF* 11:15 - 30m Thanecha	Top to Bottom Burnout - GF* 9:00 - 30m Amber W Absolution - GF* 9:30 - 30m Amber W The Ride - R* 10:00 - 45m Amber W Hatha Flow - GF* 11:00 - 60m Thanecha	The Ride - R* 8:30 - 45m Michelle P Barbell 45 - GF* 9:15 - 45m Vi B ZUMBA @ - GF* 10:00 - 60m Enzo Yoga Body Sculpt - GF* 11:15 - 60m Sara G	Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Gaby Top it Off - GF* 9:30 - 30m Gaby ZUMBA @ - GF* 10:00 - 60m Paula C Chill the Flow Out Yoga - GF* 11:15 - 60m Laurie G
	30 in 30 - GF* 5:30 - 30m Vi B Absolution - GF* 6:00 - 30m Vi B The Ride - R* 6:00 - 45m Gaby ZUMBA @ - GF* 6:30 - 60m Carmen V	P3 Pilates - GF* 5:30 - 45m Courtney M ZUMBA @ - GF* 6:30 - 60m Vanessa S Chill the Flow Out Yoga - GF* 7:30 - 60m Aly	ZUMBA @ - GF* 5:30 - 60m Michele S Barbell 45 - GF* 6:45 - 45m Vi B	P3 Pilates - GF* 5:30 - 45m Laura The Ride - R* 6:00 - 45m Michelle P ZUMBA @ - GF* 6:30 - 60m Shazari D Chill the Flow Out Yoga - GF* 7:30 - 60m Sara G	ZUMBA @ - GF* 5:30 - 60m Paula C		



CLASS DESCRIPTIONS

TYRONE

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

900 58th Street North | 727.425.6710

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

30 in 30: The ultimate challenge...30 exercises in 30 minutes. This class provides the ultimate cardio, strength and power workout. Blaze through this signature workout that incorporates individual stations & a special station for team work. Can you complete 30 in 30?

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

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!

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!

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

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.

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.

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.

Joint Ventures: Improve mobility and flexibility by increasing your range of motion in Joint Ventures! Untwist your upper body, loosen your lower half, then find your flow incorporating the entire body in this innovative spin on mobility. Work up a sweat while improving stamina, strength, flexibility, and balance, all in one 30-minute feel-good session.

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 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.

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!

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.

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.