



GROUP FITNESS

PARRISH

Week of 06/16/25
*R / Ride GF / Group Fitness

MORNING



MID-DAY



EVENING



	MONDAY, 06/16/25	TUESDAY, 06/17/25	WEDNESDAY, 06/18/25	THURSDAY, 06/19/25	FRIDAY, 06/20/25	SATURDAY, 06/21/25	SUNDAY, 06/22/25
MORNING	Barbell Battleground - GF* 9:00 - 45m Ane H The Ride - R* 9:15 - 45m Shawn ZUMBA ® - GF* 10:00 - 60m Ane H	The Ride: Let the Beat Drop - R* 5:15 - 45m Shurlene A Beach Workout - Arms & Abs - GF* 6:15 - 30m Shurlene A Band Camp - GF* 6:45 - 30m Shurlene A ZUMBA ® - GF* 9:00 - 60m Jenna M Beach Workout - Legs, Core & More - GF* 10:00 - 30m Jenna M Beach Workout - Arms & Abs - GF* 10:30 - 30m Jenna M The Ride - R* 10:30 - 45m Shawn Ripped Pilates - GF* 11:00 - 45m Hayley	Barbell 45 - GF* 9:00 - 45m Darlene L ZUMBA ® - GF* 10:00 - 60m Adriana V	The Ride: Let the Beat Drop - R* 5:15 - 45m Shurlene A Barbell 45 - GF* 6:15 - 45m Shurlene A Yoga Body Sculpt - GF* 8:15 - 60m Ane H BodyWeb w/ TRX® Circuit - GF* 9:30 - 30m Ane H Band Camp - GF* 10:00 - 30m Ane H ZUMBA ® - GF* 10:30 - 60m Ane H	ZUMBA ® - GF* 9:00 - 60m Jenna M The Ride: Let the Beat Drop - R* 9:15 - 45m Shurlene A Barbell 45 - GF* 10:00 - 45m Hayley Ripped Pilates - GF* 11:00 - 45m Hayley	ZUMBA ® - GF* 9:00 - 60m Lauren C The Ride: Let the Beat Drop - R* 9:15 - 45m Shurlene A	ZUMBA ® - GF* 9:00 - 60m Jenna M Hatha Flow - GF* 10:00 - 60m Aliyah H
MID-DAY							
EVENING	Barbell 45 - GF* 6:00 - 45m Shurlene A The Ride: Let the Beat Drop - R* 7:00 - 45m Shurlene A ZUMBA ® - GF* 7:00 - 60m Adriana V	Beach Workout - Arms & Abs - GF* 5:30 - 30m Jenna M Beach Workout - Legs, Core & More - GF* 6:00 - 30m Jenna M So You Think You Can't Dance - GF* 6:30 - 60m Jenna M The Ride: Heavy Mileage - R* 7:00 - 45m Valerie S Chill the Flow Out Yoga - GF* 7:30 - 60m Aliyah H	BodyWeb w/ TRX® Circuit - GF* 5:45 - 30m Valerie S Ripped Pilates - GF* 6:15 - 30m Valerie S The Ride - R* 7:00 - 45m Valerie S ZUMBA ® - GF* 7:00 - 60m Dasha	ZUMBA ® - GF* 6:30 - 60m Lauren C The Ride: Let the Beat Drop - R* 7:00 - 45m Maggie Yoga Body Sculpt - GF* 7:30 - 60m Aliyah H	Barbell 45 - GF* 6:15 - 45m Martha E ZUMBA ® - GF* 7:00 - 60m Martha E		



CLASS DESCRIPTIONS

PARRISH

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

8840 US 301 | 941.258.9310

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

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 Battleground: Enter the barbell battleground for a total body strength workout that will leave you strong and streamlined. Utilizing an adjustable barbell, resistance band, and plates, this workout will test your limits with a mix of strength training techniques designed to maximize both reps and results.}

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!}

BodyWeb w/ TRX® Circuit: This circuit training class uses the TRX® and dedicated CARDIO STATIONS to combine strength, balance, and cardio for one kick-butt workout. Partner up and cycle through stations, all done to timed intervals to keep you on your toes!}

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.}

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.}

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!}

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: 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.}