



# GROUP FITNESS

## WEST COBB

Week of 08/18/25

\*HS / Hot Studio GF / Group Fitness TM / Treadmills HZ / HIITZone R / Ride

MORNING

MID-DAY

EVENING

	MONDAY, 08/18/25	TUESDAY, 08/19/25	WEDNESDAY, 08/20/25	THURSDAY, 08/21/25	FRIDAY, 08/22/25	SATURDAY, 08/23/25	SUNDAY, 08/24/25
	<b>10 in 10: Core</b> - HZ* 6:15 - 15m Jessica P <b>Hot Pilates Mat</b> - HS* 6:30 - 45m Heather <b>Tread N Shed</b> - TM* 8:30 - 30m Venus <b>Flow</b> - HS* 8:45 - 60m Jaime G <b>Barbell 45</b> - GF* 9:00 - 45m Cara <b>The Ride</b> - R* 9:15 - 45m Angie <b>Hot Athlete</b> - HS* 10:00 - 45m Heather <b>ZUMBA @</b> - GF* 10:00 - 60m Denice Lopez <b>Foundation</b> - HS* 11:15 - 60m Heather	<b>Flow</b> - HS* 6:30 - 60m Kelsie W <b>Fierce</b> - HS* 7:45 - 60m Kelsie W <b>Foundation</b> - HS* 9:00 - 60m Robin F <b>Beach Workout - Arms &amp; Abs</b> - GF* 9:00 - 30m Jess P <b>Beach Workout - Legs, Core &amp; More</b> - GF* 9:30 - 30m Jess P <b>Yoga Body Sculpt</b> - GF* 10:00 - 60m Kathy <b>Ultimate R&amp;R</b> - HS* 11:00 - 60m Kathy	<b>Hot Athlete</b> - HS* 6:30 - 45m Karina K <b>Tread Bootcamp</b> - TM* 8:30 - 30m Venus <b>Hatha Flow</b> - HS* 8:45 - 60m Crystal W <b>Bodyweb w TRX @</b> - GF* 9:00 - 30m Marisol <b>Slow Burn</b> - GF* 9:30 - 30m Marisol <b>The Ride</b> - R* 10:00 - 45m Jess P <b>Flow</b> - HS* 10:00 - 60m Jaime G <b>ZUMBA @</b> - GF* 11:00 - 60m Jocelyn <b>Ultimate R&amp;R</b> - HS* 11:15 - 60m Jaime G	<b>10 in 10: Mobility</b> - HZ* 6:15 - 15m Lori C <b>Hot Pilates Mat</b> - HS* 6:30 - 45m Marisol <b>Foundation</b> - HS* 9:00 - 60m Jaime G <b>Barbell Battleground</b> - GF* 9:00 - 45m Cara <b>Cardio Tai Box</b> - GF* 9:45 - 30m Cara <b>10 in 10: Core</b> - GF* 10:15 - 15m Cara <b>Flow</b> - HS* 10:15 - 60m Jaime G <b>Flow</b> - HS* 11:30 - 60m Crystal W	<b>Hot Athlete</b> - HS* 5:30 - 45m Karina K <b>Foundation</b> - HS* 6:30 - 60m Keon <b>Tread N Shed</b> - TM* 8:30 - 30m Venus <b>HIIT The Deck</b> - GF* 9:00 - 30m Jamil L <b>Hot Athlete</b> - HS* 9:00 - 45m Kathy <b>The Ride</b> - R* 9:15 - 45m Blu <b>Chisel</b> - GF* 9:30 - 30m Jamil L <b>ZUMBA @</b> - GF* 10:00 - 60m Dennise Cacho <b>Hot Pilates Mat</b> - HS* 10:00 - 45m Kathy <b>Ultimate R&amp;R</b> - HS* 11:00 - 60m Kathy	<b>Barbell Battleground</b> - GF* 9:00 - 45m Jess P <b>The Ride</b> - R* 9:00 - 45m Jerry <b>Foundation</b> - HS* 9:00 - 60m Ashlea G <b>ZUMBA @</b> - GF* 10:00 - 60m Jocelyn <b>Ultimate R&amp;R</b> - HS* 10:15 - 60m Ashlea G	<b>Barbell 45</b> - GF* 8:30 - 45m Mickey <b>Hatha Flow</b> - HS* 9:00 - 60m Robin F <b>So You Think You Can't Dance</b> - GF* 10:00 - 60m Rae <b>Ultimate R&amp;R</b> - HS* 10:15 - 60m Robin F
		<b>The Ride</b> - R* 12:00 - 45m Blu		<b>The Ride</b> - R* 12:00 - 45m Blu			
	<b>Yoga Body Sculpt</b> - GF* 5:00 - 60m Penny L <b>Hot Pilates Mat</b> - HS* 6:00 - 45m Kelsie W <b>Barbell Battleground</b> - GF* 6:00 - 45m Penny L <b>ZUMBA @</b> - GF* 7:00 - 60m Denice Barker <b>Ultimate R&amp;R</b> - HS* 7:00 - 60m Kelsie W <b>The Ride</b> - R* 7:00 - 45m Marcelle S	<b>Hot Pilates Mat</b> - HS* 5:00 - 45m Iva <b>The Ride: Let the Beat Drop</b> - R* 5:00 - 45m Penny L <b>Beach Workout - Legs, Core &amp; More</b> - GF* 6:00 - 30m Penny L <b>Foundation</b> - HS* 6:00 - 60m Danielle J <b>Beach Workout - Arms &amp; Abs</b> - GF* 6:30 - 30m Penny L <b>ZUMBA @</b> - GF* 7:00 - 60m De'Andrea B <b>Flow</b> - HS* 7:15 - 60m Danielle J	<b>Barbell 45</b> - GF* 5:00 - 45m GiGi <b>Yoga Body Sculpt</b> - GF* 6:00 - 60m Cinde V <b>Hot Athlete</b> - HS* 6:00 - 45m LaTanya S <b>The Ride</b> - R* 7:00 - 45m Denice Lopez <b>ZUMBA @</b> - GF* 7:00 - 60m Erik I <b>Hot Pilates Mat</b> - HS* 7:15 - 45m Cinde V	<b>Hot Athlete</b> - HS* 5:00 - 45m Jess P <b>The Ride</b> - R* 5:00 - 45m Angie <b>Flow</b> - HS* 6:00 - 60m Ashlea G <b>Beach Workout - Arms &amp; Abs</b> - GF* 6:00 - 30m Mickey <b>Beach Workout - Legs, Core &amp; More</b> - GF* 6:30 - 30m Mickey <b>ZUMBA @</b> - GF* 7:00 - 60m Jocelyn <b>Foundation</b> - HS* 7:15 - 60m Tina	<b>ZUMBA @</b> - GF* 7:00 - 60m Denice Lopez		



# CLASS DESCRIPTIONS

# WEST COBB

Visit [crunch.com](http://crunch.com) for online schedules and club information. This schedule is subject to change

3805 Dallas Highway | 770.746.4675

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!}

**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 @:** 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.}

**Cardio Tai Box:** A high energy; high impact blend of kicks and punches set to upbeat music. The perfect combination of martial arts, boxing and cardiovascular training.}

**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}

**HIIT The Deck:** HIIT the deck for a one of a kind workout that will transform your body. Jump, run, step, hop, and power your way through this high intensity class designed to torch calories while challenging your agility, strength and stamina.}

**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 Athlete:** Pour the heat on in this workout designed for the whole athlete. This wicked workout incorporating mobility, strength, amped up cardio, flexibility and core, in conjunction with the therapeutic effects of 100-degrees of infrared heat, creates a total body reset that will make you feel strong, loose, and long.}

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}

**Slow Burn:** Slow down and feel the burn in this class designed to set your glutes on fire. Ignite your workout by using wide bands to tone, shape and sculpt your lower body and core. This workout delivers a one-two punch by using tempo variations and band variations to intensify each work effort.}

**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: 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.}

**Tread Bootcamp:** Ten hut! This hardcore workout brings a high tech touch to traditional boot camp by combining intervals of sprints and climbs on the treadmill with strength training using dumbbells and body bars. If you're ready to soldier through this grueling class, you'll burn calories and tone your entire physique.}

**Tread N Shed:** This bad@ss cardio class will put you on the treadmill to melt away calories. In it, you'll use sprints and slow walks with varying speeds and ramp heights to get a workout that's got all the ups and downs of a roller coaster.}

**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.}