



GROUP FITNESS

WELLINGTON

Week of 08/18/25

*HS / Hot R / Ride GF / Group Fitness

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
	The Ride - R* 6:00 - 45m Christina M Foundation - HS* 7:00 - 60m Amy F The Ride - R* 9:00 - 45m Dara C Cardio Tai Box Loaded - GF* 9:00 - 30m Creation R Legendary Strength - GF* 9:30 - 30m Creation R ZUMBA @ - GF* 10:00 - 60m Pilar U Hot Pilates Mat - HS* 10:15 - 45m Creation R	The Ride - R* 6:00 - 45m Renee Hot Core - HS* 7:15 - 30m Angie 30 Second Solution - GF* 8:00 - 45m Angie Hot Pilates Mat - HS* 9:00 - 45m Katia G The Ride - R* 9:00 - 45m Christina M Flow - HS* 10:00 - 60m Angie	Flow - HS* 7:00 - 60m Kourtney P The Ride - R* 9:00 - 45m Katia G Band Camp - GF* 9:00 - 30m Dara C Fat Burning Pilates - GF* 9:30 - 30m Dara C ZUMBA @ - GF* 10:00 - 60m Jenny Hot Pilates Mat - HS* 10:15 - 45m Katia G	BodyWeb w/ TRX@ Circuit - GF* 8:00 - 30m Dara C Flow - HS* 8:00 - 60m Amy F Absolution - GF* 8:30 - 30m Dara C The Ride: Let the Beat Drop - R* 9:00 - 45m Christina M Hot Pilates Mat - HS* 9:15 - 45m Katia G Hatha Flow - GF* 10:00 - 60m Ashley E	The Ride - R* 6:00 - 45m Christina M Flow - HS* 7:00 - 60m Angie The Ride - R* 9:00 - 45m Katia G 30 Second Solution - GF* 9:00 - 45m Sharnell J Hatha Flow - GF* 10:00 - 60m Ashley E	Beach Workout - Legs, Core & More - GF* 8:00 - 30m Dara C Beach Workout - Arms & Abs - GF* 8:30 - 30m Dara C Flow - HS* 9:00 - 60m Kourtney P The Ride - R* 9:00 - 45m Melissa B ZUMBA @ - GF* 10:00 - 60m Sarah S Foundation - HS* 10:30 - 60m Amy F	The Ride - R* 9:30 - 45m Creation R Foundation - HS* 10:30 - 60m Creation R
	Hatha Flow - GF* 12:00 - 60m Ashley E	The Ride - R* 12:15 - 45m Creation R	Hatha Flow - GF* 12:00 - 60m Ashley E				
	30 Second Solution - GF* 5:00 - 45m Angie Hot Pilates Mat - HS* 6:15 - 45m Melissa Jill The Ride - R* 6:30 - 45m Elvis V ZUMBA @ - GF* 7:00 - 60m Lisette R Flow - HS* 7:15 - 60m Melissa Jill Barbell Battleground - GF* 8:00 - 45m Lisette R	Cardio Tai Box Loaded - GF* 5:00 - 30m Creation R Transform it: Strong - GF* 5:30 - 30m Creation R Hatha Flow - GF* 6:00 - 60m Amy F Tough Tread - GF* 6:00 - 45m Creation R The Ride: Let the Beat Drop - R* 6:30 - 45m Brandy S ZUMBA @ - GF* 7:00 - 60m Kana Foundation - HS* 7:15 - 60m Amy F	Barbell 45 - GF* 5:30 - 45m Renee Hot Pilates Mat - HS* 6:15 - 45m Melissa Jill The Ride - R* 6:30 - 45m Renee ZUMBA @ - GF* 7:00 - 60m Jaime F Flow - HS* 7:15 - 60m Melissa Jill	Fat Burning Pilates - GF* 5:00 - 30m Creation R BodyWeb w/ TRX@ Circuit - GF* 5:30 - 30m Creation R The Ride - R* 5:30 - 45m Dara C Barbell Battleground - GF* 6:00 - 45m Creation R Foundation - HS* 6:00 - 60m Melissa Jill ZUMBA @ - GF* 7:00 - 60m Pilar U			



CLASS DESCRIPTIONS

WELLINGTON

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

12800 Forest Hill Blvd | 561.461.8477

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

30 Second Solution: Find your 30-Second Solution to success! Work through single, double and triple stacks with a partner in this singular fitness solution that challenges your body in a flurry of 30-second work segments. Designed as a total body workout encompassing cardio, core, strength and mobility, this 45-minute class packs a punch. Blaze through four blocks of SUPER STACKS and finish feeling invincible with your new favorite workout solution!}

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 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!}

Cardio Tai Box Loaded: Get ready to sweat in this remixed version of Cardio Tai Box. Hit, kick and punch your way through dedicated cardio rounds mixed with high rep low weight work designed to give your workout the maximum punch. Rounds of super high intensity cardio mixed with targeted upper body sculpting makes Cardio Tai Box Loaded the winner of the bout. This workout packs a punch!}

Fat Burning Pilates: Calorie burning cardio and pilates based toning combine to maximize your fat burning potential.}

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}

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!}

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.}

Tough Tread: Take the dread out of treadmill training in this challenging format where YOU define toughness! Pyramid work segments on the treadmill alternate with segments of heavy upper body dumbbell work off the treadmill to maximize your fitness. Whether you're a walking warrior or an avid runner, time flies by in this fiercely fun cardio and strength blast that reveals your drive and determination!}

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!}

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.}