



GROUP FITNESS

HIRAM

Week of 08/18/25

*GF / Group Fitness R / Ride HZ / HIITZone

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
MORNING	Top to Bottom Burnout - GF* 9:00 - 30m Marisol Resisted: Speed & Strength - GF* 9:30 - 30m Marisol The Ride: Let the Beat Drop - R* 9:30 - 45m Taysha S ZUMBA ® - GF* 10:00 - 60m Raquel W	Barbell 45 - GF* 5:15 - 45m Jamil L The Ride: Let the Beat Drop - R* 8:30 - 45m Connie HIIT The Deck - GF* 9:00 - 30m Jamil L Barbell 45 - GF* 9:30 - 45m Jamil L EVOLVE: Active - GF* 10:30 - 30m Connie	Fat Burning Pilates - GF* 8:30 - 30m Kathy Yoga Body Sculpt - GF* 9:00 - 60m Kathy ZUMBA ® - GF* 10:00 - 60m Raquel W	10 in 10: Core - HZ* 6:00 - 15m Jessica P The Ride: Let the Beat Drop - R* 8:30 - 45m Connie Barbell 45 - GF* 9:30 - 45m Connie	Barre Bootcamp - GF* 9:00 - 45m Vincent D Ripped Pilates - GF* 9:45 - 45m Marisol	Barbell Battleground - GF* 9:00 - 45m Amanda W ZUMBA ® - GF* 10:00 - 60m LaTanya S The Ride - R* 10:00 - 45m Amanda W	The Ride - R* 9:00 - 45m Blu Top it Off - GF* 9:00 - 30m Jamil L Belly, Butt, & Thighs Bootcamp - GF* 9:30 - 30m Jamil L ZUMBA ® - GF* 10:00 - 60m Shan
MID-DAY							
EVENING	Legendary Strength - GF* 5:30 - 45m Tee Cardio Tai Box - GF* 6:15 - 30m Heather ZUMBA ® - GF* 7:00 - 60m LaTanya S	Barbell Battleground - GF* 5:30 - 45m Marisol Resisted: Speed & Strength - GF* 6:15 - 30m Marisol The Ride: HIIT the Road - R* 6:15 - 45m Fish ZUMBA ® - GF* 7:00 - 60m Shan	Yoga Body Sculpt - GF* 5:00 - 60m Mitzi L Fat Burning Pilates - GF* 6:00 - 30m Mitzi L The Ride: Let the Beat Drop - R* 6:30 - 45m Amanda W Barre Assets - GF* 6:30 - 30m Mitzi L ZUMBA ® - GF* 7:00 - 60m Denise Barker	Tough20 - GF* 5:30 - 30m Amanda W Barbell 45 - GF* 6:00 - 45m Amanda W The Ride: HIIT the Road - R* 6:15 - 45m Fish ZUMBA ® - GF* 7:00 - 60m Erik I	ZUMBA ® - GF* 7:00 - 60m Izzy		



CLASS DESCRIPTIONS

HIRAM

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

4484 Jimmy Lee Smith Pkwy | 470.672.7800

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.}

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.}

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

Barre Bootcamp: Step up to the BARRE in this high-energy fusion of barre work with segments of strength designed to redefine your limits. Crush those lower body goals with our killer sequence of three barre-based exercises, then crank up the intensity with upper body strength challenges to unleash your powerhouse potential.}

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.}

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.}

EVOLVE: Active: Become the best version of yourself with EVOLVE: Active! This class designed for Active Older Adults features bursts of diverse low impact exercises designed to protect joints, support bone density, train your balance, and energize your body with multi-level cardio-based exercises to keep your heart healthy and your metabolism firing! Go active and get ready to move!}

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

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.}

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!}

Resisted: Speed & Strength: Take your workout to new lengths with state-of-the-art dynamic sleeved training equipment to challenge your muscles with a different kind of resistance. Release your inner athlete, building endurance and strength as you alternate between intense strength and heart-pumping cardio intervals.}

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!}

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: HIIT the Road: High intensity interval training (HIIT) meets the HITS! Using interval training techniques, this ride blows by as you groove and move to the HITS of each decade. Ride through a musical journey as you burn calories and build up a sweat performing intense interval work efforts.}

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.}

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!}

Tough20: Tough 20 will chisel your core with just 20 moves. This all bodyweight core focused class will produce 6 pack ready results in no time. Start at 20 and count your way down to a tight and toned mid-section.}

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.}