



GROUP FITNESS

ACWORTH

Week of 06/16/25

*GF / Group Fitness HZ / HIITZone R / Ride TM / Treadmill Area

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 45 - GF* 9:00 - 45m Tara G Beach Workout - Arms & Abs - GF* 10:00 - 30m Linda P Beach Workout - Legs, Core & More - GF* 10:30 - 30m Linda P Yoga Body Sculpt - GF* 11:00 - 60m Linda P	Tough Tread - TM* 5:30 - 45m Beth R 10 in 10: Core - HZ* 6:15 - 15m Jessica P Resisted: Speed & Strength - GF* 9:00 - 30m Mickey Absolution - GF* 9:30 - 30m Mickey Ripped Pilates - GF* 10:00 - 45m Linda P	Barbell 45 - GF* 9:30 - 45m Connie ZUMBA ® - GF* 11:00 - 60m Erika P	The Ride - R* 5:30 - 45m Beth R Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Jamil L Top it Off - GF* 9:30 - 30m Jamil L Ultimate R&R - GF* 10:00 - 60m Robin F	10 in 10: Mobility - HZ* 6:15 - 15m Lori C Barbell Battleground - GF* 9:00 - 45m Kay P3 Pilates - GF* 10:00 - 45m Cinde V	Barbell 45 - GF* 9:00 - 45m Joyce J HIIT The Deck - GF* 10:00 - 30m Tecla S The Ride - R* 10:00 - 45m Howard S ZUMBA ® - GF* 10:30 - 60m Tecla S	Tough20 - GF* 9:00 - 30m Amanda W Barbell Battleground - GF* 9:30 - 45m Amanda W Yoga Body Sculpt - GF* 11:15 - 30m Christina S
MID-DAY							ZUMBA ® - GF* 12:00 - 60m Christina S
EVENING	Cardio Tai Box - GF* 5:00 - 30m Mickey Chisel - GF* 5:30 - 30m Mickey Yoga Body Sculpt - GF* 6:00 - 60m Ashlea G ZUMBA ® - GF* 7:00 - 60m Stephen C The Ride - R* 7:15 - 45m Howard S	Yoga Body Sculpt - GF* 5:00 - 60m Linda P Barbell Battleground - GF* 6:00 - 45m Linda P ZUMBA ® - GF* 7:00 - 60m Gina The Ride - R* 7:15 - 45m Howard S	Beach Workout - Arms & Abs - GF* 5:00 - 30m Mickey Beach Workout - Legs, Core & More - GF* 5:30 - 30m Mickey Ripped Pilates - GF* 6:15 - 45m Noemi A ZUMBA ® - GF* 7:00 - 60m Noemi A	Bodyweb w TRX ® - GF* 5:00 - 30m Tecla S Resisted: Speed & Strength - GF* 5:30 - 30m Tecla S Barbell 45 - GF* 6:00 - 45m Tecla S ZUMBA ® - GF* 7:00 - 60m De'Andrea B The Ride - R* 7:15 - 45m Alessandra H	ZUMBA ® - GF* 7:00 - 60m Tecla S		



CLASS DESCRIPTIONS

ACWORTH

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

3335 Cobb Pkwy NW | 770.376.4880

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.}

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

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!}

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.}

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.}

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.}

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.}

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.}

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.}

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!}

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.}

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.}