



# GROUP FITNESS

## EAST COBB

Week of 06/02/25  
\*GF / Group Fitness R / Ride

MORNING  
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MID-DAY  
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EVENING  
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	MONDAY, 06/02/25	TUESDAY, 06/03/25	WEDNESDAY, 06/04/25	THURSDAY, 06/05/25	FRIDAY, 06/06/25	SATURDAY, 06/07/25	SUNDAY, 06/08/25
	<b>Barbell 45</b> - GF* 9:00 - 45m America I <b>ZUMBA @</b> - GF* 10:00 - 60m Junko <b>EVOLVE: Ability</b> - GF* 11:15 - 30m Lisa <b>EVOLVE: Active</b> - GF* 11:45 - 30m Lisa	<b>P3 Pilates</b> - GF* 8:00 - 45m Nikki <b>The Ride</b> - R* 9:00 - 45m Nikki <b>Chill the Flow Out Yoga</b> - GF* 10:00 - 60m Lauryn	<b>The Ride: Let the Beat Drop</b> - R* 5:30 - 45m Jodi A <b>The Ride: Let the Beat Drop</b> - R* 8:00 - 45m Trenna <b>Barbell Battleground</b> - GF* 9:00 - 45m Giuli <b>ZUMBA @</b> - GF* 10:00 - 60m Paty Q	<b>P3 Pilates</b> - GF* 8:00 - 45m Nikki <b>The Ride</b> - R* 9:00 - 45m Nikki <b>Chill the Flow Out Yoga</b> - GF* 10:00 - 60m Kathy	<b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 9:00 - 30m Nikki <b>Top it Off</b> - GF* 9:30 - 30m Nikki <b>ZUMBA @</b> - GF* 10:00 - 60m Junko <b>EVOLVE: Active</b> - GF* 11:15 - 30m Nancy <b>EVOLVE: Ability</b> - GF* 11:45 - 30m Nancy	<b>Barbell Battleground</b> - GF* 9:00 - 45m Junko <b>The Ride</b> - R* 10:00 - 45m Jo <b>HIIT The Deck</b> - GF* 10:00 - 30m Junko <b>ZUMBA @</b> - GF* 11:00 - 60m Paty Q	<b>Cardio Tai Box</b> - GF* 9:00 - 30m Jo <b>Fat Burning Pilates</b> - GF* 9:30 - 30m Jo <b>Hatha Flow</b> - GF* 10:00 - 60m Jeff
	<b>Barbell 45</b> - GF* 6:00 - 45m Lisa <b>ZUMBA @</b> - GF* 7:00 - 60m Paty Q <b>The Ride: Level it Up</b> - R* 7:00 - 45m Jodi A	<b>P3 Pilates</b> - GF* 5:15 - 45m Giuli <b>Hatha Flow</b> - GF* 6:00 - 60m Kathy <b>ZUMBA @</b> - GF* 7:00 - 60m Unique A	<b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 6:00 - 30m Suzanne <b>Top it Off</b> - GF* 6:30 - 30m Suzanne <b>ZUMBA @</b> - GF* 7:00 - 60m Denisse	<b>Hatha Flow</b> - GF* 5:00 - 60m Kathy <b>The Ride</b> - R* 7:00 - 45m Jodi A			



# CLASS DESCRIPTIONS

# EAST COBB

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

3605 Sandy Plains Rd | 770.215.2280

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

**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.}

**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.}

**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.}

**EVOLVE: Ability:** Meet the next revolution in fitness in our Active Older Adult program. Designed for active seniors who want to keep it moving, pain-free, EVOLVE: Ability focuses on mobility, stability, and flexibility. This unique workout prevents injury, develops range of motion, core stability, and enhances postural alignment, all in a 30-minute workout that leaves you strong, balanced, and moving with ease! You'll feel refreshed and ready for anything life has to offer!}

**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.}

**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.}

**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.}

**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.}

**The Ride: Level it Up:** The strongest structures start with a sturdy foundation, then build! Get ready to feel the burn as your Ride coach helps you to establish your base intensity, then torch those calories through a series of power-pushing intervals. Prepare to rack up some of your best-ever distances, calorie burns and power output!}

**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.}

**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.}