



GROUP FITNESS

ALTAMONTE SPRINGS

Week of 03/10/25

*H / Hot Studio GF / Group Fitness R / Ride

MORNING

MID-DAY

EVENING

	MONDAY, 03/10/25	TUESDAY, 03/11/25	WEDNESDAY, 03/12/25	THURSDAY, 03/13/25	FRIDAY, 03/14/25	SATURDAY, 03/15/25	SUNDAY, 03/16/25
MORNING	The Ride - R* 9:15 - 45m Jessica K Belly, Butt, & Thighs Bootcamp - GF* 9:30 - 30m Elizabeth D Top it Off - GF* 10:00 - 30m Elizabeth D	The Ride - R* 5:30 - 45m Ana G Foundation - H* 6:30 - 60m Sydney O Barbell 45 - GF* 9:15 - 45m Erika C Transform it: Core - GF* 10:00 - 30m Erika C	The Ride - R* 9:15 - 45m Allyson W BodyWeb w/ TRX@ Circuit - GF* 9:30 - 30m Sasha R Belly, Butt, & Thighs Bootcamp - GF* 10:00 - 30m Sasha R Flow - H* 10:15 - 60m Skylar B	The Ride - R* 5:30 - 45m Mary S Flow - H* 6:30 - 60m Jessi Hot Pilates Mat - H* 7:45 - 45m Jessi Barbell 45 - GF* 9:15 - 45m Astrid C Transform it: Core - GF* 10:00 - 30m Astrid C	BodyWeb w/ TRX@ Circuit - GF* 10:00 - 30m Elizabeth D Fat Burning Pilates - GF* 10:30 - 30m Elizabeth D Yoga Body Sculpt - GF* 11:00 - 60m Michael L	The Ride - R* 8:15 - 45m Angie ZUMBA @ - GF* 10:00 - 60m Alithu A Hot Pilates Mat - H* 11:00 - 45m Elizabeth D	Hot Pilates Mat - H* 8:45 - 45m Elizabeth D Flow - H* 10:30 - 60m Michael L
MID-DAY		The Ride - R* 12:00 - 45m Marie D		Flow - H* 12:00 - 60m Jessica K			
EVENING	P3 Pilates - GF* 5:30 - 45m Lauryn P The Ride - R* 6:15 - 45m Tiffany ZUMBA @ - GF* 6:30 - 60m Kariny S Foundation - H* 7:30 - 60m Alix	Belly, Butt, & Thighs Bootcamp - GF* 5:30 - 30m Elizabeth D Top it Off - GF* 6:00 - 30m Elizabeth D Flow - H* 6:30 - 60m Michael L The Ride - R* 7:30 - 45m Joann F	The Ride - R* 5:30 - 45m Tiffany P3 Pilates - GF* 6:15 - 45m Lauryn P ZUMBA @ - GF* 7:15 - 60m Nadia M Flow - H* 7:30 - 60m Michael L	The Ride - R* 6:15 - 45m Amber B Barbell 45 - GF* 6:45 - 45m Qetesh M Foundation - H* 7:15 - 60m Skylar B ZUMBA @ - GF* 7:30 - 60m Edwin N			



CLASS DESCRIPTIONS

ALTAMONTE SPRINGS

951 N State Rd 434 | 407.449.7500

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

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

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!}

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® 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!}

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}

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}

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.}

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.}

Transform it: Core: Transform It: Core brings a dynamic dimension to training the midsection! Using our adjustable decks, work with and against gravity for added intensity and depth and range of motion that will target every core muscle group, from your obliques to your back extensors. Get a new angle on training and experience your core like never before!}

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.}