



GROUP FITNESS

WINTER GARDEN

Week of 06/23/25
*GF / Group Fitness R / Ride

MORNING



MID-DAY



EVENING



	MONDAY, 06/23/25	TUESDAY, 06/24/25	WEDNESDAY, 06/25/25	THURSDAY, 06/26/25	FRIDAY, 06/27/25	SATURDAY, 06/28/25	SUNDAY, 06/29/25
MORNING	Beach Workout - Legs, Core & More - GF* 9:00 - 30m Karen A Chisel - GF* 9:30 - 30m Karen A ZUMBA @ - GF* 10:00 - 60m Lydia R The Ride - GF* 10:15 - 45m Karen A Yoga Body Sculpt - GF* 11:15 - 60m Philippe O	The Ride: Let the Beat Drop - R* 5:15 - 45m Angelica F Barbell Battleground - GF* 10:00 - 45m LUIZA P Absolution - GF* 10:45 - 30m LUIZA P	Ripped Pilates - GF* 9:00 - 30m Karen A BodyWeb w/ TRX@ Circuit - GF* 9:30 - 30m Karen A ZUMBA @ - GF* 10:00 - 60m Lydia R The Ride - R* 10:15 - 45m Leticia B	The Ride: Heavy Mileage - R* 5:15 - 45m Angelica F Barbell 45 - GF* 10:30 - 45m LUIZA P 10 in 10: Core - GF* 11:15 - 15m LUIZA P Yoga Body Sculpt - GF* 11:30 - 60m Philippe O	Transform it: Strong - GF* 9:00 - 30m Karen A Transform it: Core - GF* 9:30 - 30m Karen A ZUMBA @ - GF* 10:00 - 60m Lydia R The Ride - R* 10:15 - 45m Karen A	The Ride - R* 8:15 - 45m C-Flash Barbell 45 - GF* 9:00 - 45m LUIZA P ZUMBA @ - GF* 10:00 - 60m Belkis C Yoga Body Sculpt - GF* 11:00 - 60m Bradley C	Yoga Body Sculpt - GF* 10:15 - 60m Ian D
MID-DAY							
EVENING	The Ride - R* 5:30 - 45m Lloyd D Transform it: Strong - GF* 6:00 - 30m Karen A Transform it: Core - GF* 6:30 - 30m Karen A ZUMBA @ - GF* 7:00 - 60m Tiffany W	Yoga Body Sculpt - GF* 5:00 - 60m Tristan B P3 Pilates - GF* 6:00 - 30m Jessi Barbell 30 - GF* 6:30 - 30m Jessi The Ride - R* 6:45 - 45m Jannilet F ZUMBA @ - GF* 7:00 - 60m Albert V	The Ride - R* 5:30 - 45m Bradley C Legendary Strength - GF* 6:00 - 30m Leah R Slow Burn - GF* 6:30 - 30m Leah R ZUMBA @ - GF* 7:00 - 60m Belkis C	The Ride - R* 5:30 - 45m Chrissy Top to Bottom Burnout - GF* 6:00 - 30m Desi Cardio Tai Box - GF* 6:30 - 30m Desi ZUMBA @ - GF* 7:00 - 60m Jannilet F Yoga Body Sculpt - GF* 8:00 - 60m Tristan B	ZUMBA @ - GF* 6:30 - 60m Kevin T		



CLASS DESCRIPTIONS

WINTER GARDEN

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

14150 West Colonial Drive | 407.214.3107
Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 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.}

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

Barbell 30: 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 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 - 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: 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.}

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!}

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.}

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!}

Slow Burn: Slow down and feel the burn in this class designed to set your glutes on fire. Ignite your workout by using wide bands to tone, shape and sculpt your lower body and core. This workout delivers a one-two punch by using tempo variations and band variations to intensify each work effort.}

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: Heavy Mileage: Put the pedals to the metal in this interval based workout. You will work in dedicated rounds of cardio and endurance on the bike and then you will dismount and kick it up a notch by adding weights into the mix. Weighted rounds are performed off the bike for maximum performance. Get ready to take on this challenge. Are you ready for heavy mileage?}

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 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!}

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!}

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!}

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.}