



# GROUP FITNESS

LAKE WORTH

Week of 04/28/25

\*HS / Hot Studio GF / Group Fitness RI / RIDE STUDIO

MORNING



MID-DAY



EVENING



	MONDAY, 04/28/25	TUESDAY, 04/29/25	WEDNESDAY, 04/30/25	THURSDAY, 05/01/25	FRIDAY, 05/02/25	SATURDAY, 05/03/25	SUNDAY, 05/04/25
MORNING	<b>Hot Pilates Mat</b> - HS* 5:30 - 45m Heidi M <b>The Ride</b> - RI* 6:15 - 45m Eric <b>Barbell 45</b> - GF* 9:00 - 45m Sharnell J <b>The Ride</b> - RI* 9:00 - 45m Avis B <b>ZUMBA @</b> - GF* 10:00 - 60m Wanda F	<b>The Ride</b> - RI* 6:15 - 45m Melissa B <b>Flow</b> - HS* 7:00 - 60m Kourtney P <b>Top it Off</b> - GF* 9:00 - 30m Shar <b>Absolution</b> - GF* 9:30 - 30m Shar <b>Foundation</b> - HS* 9:30 - 60m Allie K <b>ZUMBA @</b> - GF* 10:00 - 60m Vanessa B <b>Flow</b> - HS* 10:45 - 60m Allie K	<b>Hot Pilates Mat</b> - HS* 5:30 - 45m Heidi M <b>The Ride</b> - RI* 6:15 - 45m Angie <b>Legendary Strength</b> - GF* 9:00 - 45m Angie <b>The Ride</b> - RI* 9:00 - 45m Renee <b>ZUMBA @</b> - GF* 10:00 - 60m Linda Nehrboss	<b>The Ride</b> - RI* 6:00 - 45m Avis B <b>Hot HIIT</b> - HS* 7:00 - 30m Avis B <b>Hot Core</b> - HS* 7:30 - 30m Avis B <b>Ripped Pilates</b> - GF* 8:00 - 45m Heidi M <b>ZUMBA @</b> - GF* 9:00 - 60m Avis B <b>Foundation</b> - HS* 9:00 - 60m Jack B <b>Flow</b> - HS* 10:15 - 60m Jack B	<b>The Ride</b> - RI* 6:00 - 45m Melissa B <b>Hot Pilates Mat</b> - HS* 7:00 - 45m Sara T <b>Flow</b> - HS* 9:00 - 60m Alexa N <b>The Ride</b> - RI* 9:00 - 45m Nlttaya S <b>Barbell 45</b> - GF* 9:00 - 45m Angie <b>Hot Core</b> - HS* 10:00 - 30m Angie <b>Yoga Body Sculpt</b> - GF* 10:45 - 60m Maria Z	<b>The Ride</b> - RI* 8:00 - 45m Eric <b>Flow</b> - HS* 9:00 - 60m Angie <b>Barbell 45</b> - GF* 9:00 - 45m Taylor C <b>Hot Core</b> - GF* 10:00 - 30m Angie <b>ZUMBA @</b> - GF* 10:00 - 60m Lissette R	<b>The Ride</b> - RI* 8:00 - 45m Melissa B <b>Foundation</b> - HS* 9:00 - 60m Leslie A <b>ZUMBA @</b> - GF* 10:00 - 60m Liana C
MID-DAY	<b>Foundation</b> - HS* 12:00 - 60m Lara S			<b>Flow</b> - HS* 12:00 - 60m Kourtney P	<b>Flow</b> - HS* 12:00 - 60m Jack B		
EVENING	<b>Barbell 45</b> - GF* 6:00 - 45m Shannon <b>Hot Pilates Mat</b> - HS* 6:00 - 45m Jessica C <b>The Ride</b> - RI* 6:30 - 45m Cynthia G <b>Hot Pilates Mat</b> - HS* 7:00 - 45m Nlttaya S <b>ZUMBA @</b> - GF* 7:00 - 60m Avis B	<b>Yoga Body Sculpt</b> - GF* 5:00 - 60m Maria Z <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 6:00 - 30m Avis B <b>Fierce</b> - HS* 6:00 - 60m Hannah M <b>Top it Off</b> - GF* 6:30 - 30m Avis B <b>Flow</b> - HS* 7:00 - 60m Kourtney P <b>So You Think You Can't Dance</b> - GF* 7:00 - 60m Jaime F	<b>The Ride</b> - RI* 5:30 - 45m Shannon <b>Barbell 45</b> - GF* 6:00 - 45m Sharnell J <b>Flow</b> - HS* 6:00 - 60m Leslie A <b>ZUMBA @</b> - GF* 7:00 - 60m Maribel Restrepo <b>Foundation</b> - HS* 7:15 - 60m Alexa N	<b>Yoga Body Sculpt</b> - GF* 5:00 - 60m Maria Z <b>Foundation</b> - HS* 6:00 - 60m Lara S <b>The Ride</b> - RI* 6:30 - 45m Renee <b>ZUMBA @</b> - GF* 7:00 - 60m Lissette R <b>Hot Pilates Mat</b> - HS* 7:15 - 45m Avis B <b>Barbell 45</b> - GF* 8:00 - 45m Lissette R	<b>ZUMBA @</b> - GF* 6:30 - 60m Jaime F		



# CLASS DESCRIPTIONS

# LAKE WORTH

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

4681 Hypoluxo Rd | 561.896.9080

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

**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!}

**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.}

**Fierce:** Take your yoga practice to the next level in this unique class that combines athletic movement, power yoga and balance challenges all taught in a heated studio. Special "fire it up" challenges inserted throughout the workout are designed to challenge both your mind and body. This one of a kind yoga class will leave you with a fierce attitude and a fit body!

Bring your own mat, mat towel, and water bottle}

**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 Core:** Set your core on fire with this red-hot training session. Get 360 degrees of core conditioning in a 100-degree studio in a workout that will support, define, and strengthen your entire midsection.

Bring your own mat, mat towel, and water bottle}

**Hot HIIT:** Ignite the fire, then freeze in this hot take on HIIT. In this 100-degree infrared experience, rounds of HIIT based athletic exercise variations alternate with core stability movements to create an energizing workout that will challenge your stamina and build your endurance.

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}

**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!}

**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!}

**So You Think You Can't Dance:** Bring the magic of dancing back with this cardio dance class which combines easy to follow moves with fun choreography. This non stop format, will have you dancing and grooving to original music while breaking a sweat and having fun! Think you CAN'T dance? Think again!}

**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.}

**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.}