



GROUP FITNESS

CORAL SPRINGS

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

MORNING



MID-DAY



EVENING



	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
	Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Fran G Top it Off - GF* 9:30 - 30m Fran G ZUMBA ® - GF* 10:00 - 60m Yesenia G Yoga Body Sculpt - GF* 11:00 - 60m Lau	The Ride: Let the Beat Drop - R* 5:30 - 45m Ruby Bodyweb w TRX ® - GF* 9:15 - 30m Maribel M Resisted: Speed & Strength - GF* 9:45 - 30m Maribel M ZUMBA ® - GF* 10:15 - 60m Maribel M	Barbell 45 - GF* 9:00 - 45m Lisa P ZUMBA ® - GF* 10:30 - 60m Leonela L	The Ride: Let the Beat Drop - R* 5:30 - 45m Ruby Bodyweb w TRX ® - GF* 9:00 - 30m Flash Resisted: Speed & Strength - GF* 9:30 - 30m Flash	Beach Workout - Legs, Core & More - GF* 9:00 - 30m Lisa P Beach Workout - Arms & Abs - GF* 9:30 - 30m Lisa P The Ride - R* 10:15 - 45m Lisa P	HIIT The Deck - GF* 9:00 - 30m Cindy I The Ride: Let the Beat Drop - R* 9:15 - 45m Shonn Top to Bottom Burnout - GF* 9:30 - 30m Cindy I ZUMBA ® - GF* 10:00 - 60m Sharon P3 Pilates - GF* 11:00 - 45m Ana H	The Ride - R* 9:00 - 45m Erin C Legendary Strength - GF* 10:00 - 45m Francesca G Yoga Body Sculpt - GF* 11:00 - 60m Catalina
	Barbell 45 - GF* 6:00 - 45m Latonia M ZUMBA ® - GF* 7:00 - 60m Jorge P Yoga Body Sculpt - GF* 8:00 - 60m Dixie	P3 Pilates - GF* 5:00 - 45m Jackie Legendary Strength - GF* 6:00 - 45m Janina J 10 in 10: Core - GF* 6:45 - 15m Janina J ZUMBA ® - GF* 7:00 - 60m Johana O The Ride: Let the Beat Drop - R* 7:30 - 45m Shonn	Yoga Body Sculpt - GF* 6:00 - 60m Nicole T ZUMBA ® - GF* 7:15 - 60m Maria G	P3 Pilates - GF* 5:30 - 45m Lau Barbell 45 - GF* 6:30 - 45m Ruby ZUMBA ® - GF* 7:30 - 60m Nicole T The Ride: Let the Beat Drop - R* 7:30 - 45m Ruby	Barbell 45 - GF* 5:30 - 45m Daniela M		



CLASS DESCRIPTIONS

CORAL SPRINGS

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

Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 7:00am - 7:00pm

910 N University Dr | 954.859.2030

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.}

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!}

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.}

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.}

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.}

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.}

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.}

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.}

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!}

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.}