



GROUP FITNESS

CHARLOTTE UNIVERSITY

Week of 05/06/24

*GF / Group Fitness R / Ride HY / Hot Yoga

	MONDAY, 05/06/24	TUESDAY, 05/07/24	WEDNESDAY, 05/08/24	THURSDAY, 05/09/24	FRIDAY, 05/10/24	SATURDAY, 05/11/24	SUNDAY, 05/12/24
MORNING 	<p>The Ride - R* 5:30 - 45m Marscia M</p> <p>ZUMBA @ - GF* 8:00 - 60m Maria M</p> <p>Fat Burning Pilates - GF* 9:15 - 30m Maria M</p> <p>Belly, Butt, & Thighs Bootcamp - GF* 9:45 - 30m Maria M</p>	<p>The Ride - R* 7:15 - 45m RJ</p> <p>Yoga Body Sculpt - GF* 9:00 - 60m Sandy T</p> <p>B30 Body - GF* 10:15 - 45m Sandy T</p>	<p>Barbell Bound - GF* 5:30 - 45m Marscia M</p> <p>Hatha Flow - GF* 8:00 - 60m Gabriele W</p> <p>Belly, Butt, & Thighs Bootcamp - GF* 9:15 - 30m Leea R</p> <p>Top it Off - GF* 9:45 - 30m Leea R</p>	<p>The Ride - R* 7:15 - 45m RJ</p> <p>All Out Athlete - GF* 9:00 - 30m Maria M</p> <p>Absolution - GF* 9:30 - 30m Maria M</p> <p>Barbell Bound - GF* 10:15 - 45m Leea R</p>	<p>B30 Body - GF* 5:30 - 45m Marscia M</p> <p>Yoga Body Sculpt - GF* 8:00 - 60m Marscia M</p>	<p>The Ride - R* 8:15 - 45m Leea R</p> <p>B30 Body - GF* 9:15 - 30m Leea R</p> <p>ZUMBA @ - GF* 10:15 - 60m VoNique W</p> <p>Yoga Body Sculpt - GF* 11:15 - 60m Sandy T</p>	<p>The Ride - R* 9:00 - 45m Marscia M</p> <p>Barbell Bound - GF* 10:00 - 45m Marscia M</p> <p>Hatha Flow - GF* 11:00 - 60m Tanya G</p>
MID-DAY 							
EVENING 	<p>Foundation - HY* 5:15 - 60m Rebecca D</p> <p>The Ride - R* 5:45 - 45m Cleovonne P</p> <p>ZUMBA @ - GF* 6:30 - 60m Alexa O</p> <p>So You Think You Can't Dance - GF* 7:30 - 60m Chris J</p>	<p>Hatha Flow - GF* 5:15 - 60m Gabriele W</p> <p>The Ride - R* 5:45 - 45m VoNique W</p> <p>Barbell Bound - GF* 6:45 - 45m VoNique W</p> <p>ZUMBA @ - GF* 7:30 - 60m Maria M</p>	<p>Stacked - GF* 5:15 - 30m Maria M</p> <p>Fat Burning Pilates - GF* 5:45 - 30m Maria M</p> <p>ZUMBA @ - GF* 6:30 - 60m VoNique W</p> <p>So You Think You Can't Dance - GF* 7:30 - 60m Chris J</p>	<p>Yoga Body Sculpt - GF* 5:15 - 60m Sandy T</p> <p>The Ride - R* 5:45 - 45m RJ</p> <p>B30 Body - GF* 6:45 - 45m VoNique W</p> <p>ZUMBA @ - GF* 7:30 - 60m Channel B</p>	<p>Flow - HY* 5:15 - 60m VoNique W</p>		



CLASS DESCRIPTIONS

CHARLOTTE UNIVERSITY

8514 University City Blvd | 704.440.9391

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

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

All Out Athlete: Take your workout to new heights utilizing state of the art equipment with the Slastix and the Resistance Runner designed by Stroops. Release your inner athlete building endurance and strength alternating between Strength and Cardio intervals.}

B30 Body: 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 Bound: Bound for time? Bound for results? You're bound to raise the bar in this singular workout that combines two types of strength training. Lift your way through barbell sets alternated with bound rounds and burnout sets utilizing heavy resistance bands to produce a grueling workout that will leave you unbelievably strong, focused and barbell bound}

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.}

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

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

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.}

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 a fun choreographic block. 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 goal is to dance like nobody is watching or so you think!}

Stacked: Take your workout to new heights as you layer stack upon stack of cardio and weight exercises. Build your way to the top of the pyramid with increasing time and exercise intensity along the way and prepare to dig deep to work your way back down. Let's see how you Stack up.}

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.}