



GROUP FITNESS

MATTHEWS

Week of 06/30/25
*GF / Group Fitness R / Ride

	MONDAY, 06/30/25	TUESDAY, 07/01/25	WEDNESDAY, 07/02/25	THURSDAY, 07/03/25	FRIDAY, 07/04/25	SATURDAY, 07/05/25	SUNDAY, 07/06/25
MORNING 	Barbell 45 - GF* 5:30 - 45m Selena Y Absolution - GF* 9:00 - 30m Tania P Fat Burning Pilates - GF* 9:30 - 30m Tania P	Cardio Sculpt - GF* 9:30 - 30m Kristy B Beach Workout - Legs, Core & More - GF* 10:00 - 30m Kristy B 10 in 10: Mobility - GF* 10:30 - 15m Kristy B	Belly, Butt, & Thighs Bootcamp - GF* 9:30 - 30m VoNique W Top it Off - GF* 10:00 - 30m VoNique W	Barbell 45 - GF* 9:00 - 45m Amy B 10 in 10: Mobility - GF* 9:45 - 15m Amy B	Fat Burning Pilates - GF* 9:30 - 30m Rebecca M Top it Off - GF* 10:00 - 30m Rebecca M	The Ride - R* 9:00 - 45m Meg M ZUMBA @ - GF* 11:00 - 60m Laurel J	Hatha Flow - GF* 10:00 - 60m Jennifer C Barbell 45 - GF* 11:15 - 45m VoNique W
MID-DAY 							
EVENING 	Barbell 45 - GF* 5:30 - 45m Susan G The Ride - R* 6:30 - 45m Susan G ZUMBA @ - GF* 6:30 - 60m Yuliiia S	ZUMBA @ - GF* 6:15 - 60m Laurel J The Ride: Let the Beat Drop - R* 6:45 - 45m Jamaal S Hatha Flow - GF* 7:15 - 60m Morgan B	P3 Pilates - GF* 6:30 - 45m Yuliiia S	ZUMBA @ - GF* 6:15 - 60m Taylor R The Ride: Let the Beat Drop - R* 6:45 - 45m Leea R Hatha Flow - GF* 7:15 - 60m Allison J			



CLASS DESCRIPTIONS

MATTHEWS

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

10404 E Independence Blvd | 704.997.1401

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

10 in 10: Mobility: Give us just ten minutes and keep it moving in this 10-exercise workout designed to prevent injury, increase your flexibility and improve your range of motion.}

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!}

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.}

Cardio Sculpt: Non-stop body sculpting accompanied by heart pumping cardio.}

Fat Burning Pilates: Calorie burning cardio and pilates based toning combine to maximize your fat burning potential.}

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.}

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.}

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.}

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.}