



GROUP FITNESS

POINCIANA

Week of 04/28/25

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

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	Foundation - HY* 5:45 - 60m Erika B Cardio Tai Box Loaded - GF* 9:00 - 30m Emilys S Slow Burn - GF* 9:30 - 30m Emilys S ZUMBA @ - GF* 10:00 - 60m Emilys S Flow - HY* 11:00 - 60m Erika B	Fat Burning Pilates - GF* 9:00 - 30m Carmelita P The Ride: Let the Beat Drop - R* 9:15 - 45m Guiomar P Absolution - GF* 9:30 - 30m Carmelita P ZUMBA @ - GF* 10:00 - 60m Evelyn R Foundation - HY* 10:00 - 60m Carmelita P	Foundation - HY* 5:45 - 60m Erika B Barbell 45 - GF* 9:00 - 45m Guiomar P ZUMBA @ - GF* 10:00 - 60m Charleen D The Ride - R* 10:00 - 45m Guiomar P Hot Athlete - HY* 11:00 - 45m TJ	Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Guiomar P The Ride: Let the Beat Drop - GF* 9:15 - 45m Abner M Top it Off - GF* 9:30 - 30m Guiomar P ZUMBA @ - GF* 10:00 - 60m Guiomar P Foundation - HY* 10:00 - 60m Carmelita P	Flow - HY* 9:00 - 60m Carmelita P Bodyweb w TRX @ - GF* 9:00 - 30m Emilys S Cardio Tai Box - GF* 9:30 - 30m Emilys S Hot Core - HY* 10:00 - 30m Carmelita P ZUMBA @ - GF* 10:00 - 60m Lymari M	The Ride - R* 8:15 - 45m Alexis T Foundation - HY* 9:00 - 60m Erika B Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Charleen D Top it Off - GF* 9:30 - 30m Charleen D ZUMBA @ - GF* 10:00 - 60m Lymari M Hot Pilates Mat - B* 10:15 - 45m Erika B	Hot Pilates Mat - HY* 9:00 - 45m Sapphire M ZUMBA @ - GF* 10:00 - 60m Erica E Yoga Body Sculpt - GF* 11:00 - 60m Carmelita P
MID-DAY							
EVENING	Barbell Battleground - GF* 6:00 - 45m Charleen D Hot Pilates Mat - HY* 6:30 - 45m Carmelita P ZUMBA @ - GF* 7:00 - 60m Charisse D The Ride - R* 7:15 - 45m Alexis T Flow - HY* 8:00 - 60m Anika A	Yoga Body Sculpt - GF* 5:00 - 60m Celena B Flow - HY* 6:15 - 60m Celena B Bodyweb w TRX @ - GF* 6:30 - 30m Charleen D Top it Off - GF* 7:00 - 30m Charleen D The Ride - R* 7:15 - 45m Alexis T ZUMBA @ - GF* 7:30 - 60m Charleen D	Fat Burning Pilates - GF* 6:00 - 30m Erika B Flow - HY* 6:00 - 60m Carmelita P Absolution - GF* 6:30 - 30m Erika B ZUMBA @ - GF* 7:00 - 60m Evelyn R Hot Pilates Mat - HY* 7:15 - 45m Anika A Hot Core - HY* 8:00 - 30m Anika A	Barbell 30 - GF* 6:30 - 30m Charleen D Slow Burn - GF* 7:00 - 30m Charleen D The Ride - R* 7:15 - 45m Maria S Hot Athlete - HY* 7:15 - 45m Ryan Y ZUMBA @ - GF* 7:30 - 60m Charisse D Hot Pilates Mat - HY* 8:15 - 45m Anika A	Flow - HY* 5:30 - 60m Celena B Fierce - HY* 6:45 - 60m Celena B		



CLASS DESCRIPTIONS

POINCIANA

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

4690 Marigold Ave | 863.201.5375

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 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.}

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.}

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.}

Cardio Tai Box Loaded: Get ready to sweat in this remixed version of Cardio Tai Box. Hit, kick and punch your way through dedicated cardio rounds mixed with high rep low weight work designed to give your workout the maximum punch. Rounds of super high intensity cardio mixed with targeted upper body sculpting makes Cardio Tai Box Loaded the winner of the bout. This workout packs a punch!}

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

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 Athlete: Pour the heat on in this workout designed for the whole athlete. This wicked workout incorporating mobility, strength, amped up cardio, flexibility and core, in conjunction with the therapeutic effects of 100-degrees of infrared heat, creates a total body reset that will make you feel strong, loose, and long.

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 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}

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: 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.}

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.}