



GROUP FITNESS

MARIETTA

Week of 08/11/25
*R / Ride GF / Group Fitness

MORNING



MID-DAY



EVENING



	MONDAY, 08/11/25	TUESDAY, 08/12/25	WEDNESDAY, 08/13/25	THURSDAY, 08/14/25	FRIDAY, 08/15/25	SATURDAY, 08/16/25	SUNDAY, 08/17/25
	Barbell Battleground - GF* 9:00 - 45m Lisa Dallas The Ride - R* 10:00 - 45m Lisa Dallas Yoga Body Sculpt - GF* 10:00 - 60m Isabel A	The Ride - R* 5:30 - 45m Kafi Barbell 45 - GF* 9:30 - 45m Taysha S	P3 Pilates - GF* 9:00 - 45m Penny L Yoga Body Sculpt - GF* 9:45 - 60m Penny L	Barbell 45 - GF* 5:30 - 45m Lisa Dallas Fat Burning Pilates - GF* 9:30 - 30m Cecili S The Ride: Let the Beat Drop - R* 9:30 - 45m Taysha S Iron Mat Pilates - GF* 10:00 - 30m Cecili S	Beach Workout - Legs, Core & More - GF* 9:00 - 30m Cecili S Beach Workout - Arms & Abs - GF* 9:30 - 30m Cecili S So You Think You Can't Dance - GF* 10:00 - 60m Cecili S	Barbell 45 - GF* 8:30 - 45m Suzanne The Ride - R* 9:15 - 45m Kafi Yoga Body Sculpt - GF* 9:30 - 60m Robin F So You Think You Can't Dance - GF* 10:30 - 60m Larry T	The Ride - R* 8:30 - 45m Whitney P3 Pilates - GF* 9:30 - 45m Deborah So You Think You Can't Dance - GF* 10:30 - 60m Devon
	Barbell 45 - GF* 5:45 - 45m Suzanne The Ride: Let the Beat Drop - R* 6:30 - 45m Whitney Fat Burning Pilates - GF* 6:30 - 30m Suzanne ZUMBA @ - GF* 7:00 - 60m Stephanie F	Belly, Butt, & Thighs Bootcamp - GF* 5:30 - 30m Christopher W The Ride - R* 6:00 - 45m Lisa Dallas Top it Off - GF* 6:00 - 30m Christopher W So You Think You Can't Dance - GF* 7:00 - 60m Larry T	Barbell 45 - GF* 5:30 - 45m Nikki The Ride: Let the Beat Drop - R* 6:30 - 45m Athena P3 Pilates - GF* 6:30 - 45m Nikki So You Think You Can't Dance - GF* 7:30 - 60m Athena	ZUMBA @ - GF* 5:45 - 60m Rob The Ride - R* 6:00 - 45m Whitney Beach Workout - Arms & Abs - GF* 7:00 - 30m Larry J Beach Workout - Legs, Core & More - GF* 7:30 - 30m Larry J	ZUMBA @ - GF* 7:00 - 60m Yvis		



CLASS DESCRIPTIONS

MARIETTA

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

2203 Roswell Road | 770.264.1216

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

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.}

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.}

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

Iron Mat Pilates: Push your pilates mat practice to the max with innovative exercises and the addition of weights to give your body iron-strength.}

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.}

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.}

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.}