



GROUP FITNESS

TUCKER

Week of 06/16/25

*GF / Group Fitness HY / Hot Yoga HS / Hot Studio R / RIDE

MORNING



MID-DAY



EVENING



	MONDAY, 06/16/25	TUESDAY, 06/17/25	WEDNESDAY, 06/18/25	THURSDAY, 06/19/25	FRIDAY, 06/20/25	SATURDAY, 06/21/25	SUNDAY, 06/22/25
MORNING	Barbell 45 - GF* 8:00 - 45m Gary W Foundation - HY* 8:00 - 60m Tawana C Beach Workout - Arms & Abs - GF* 9:00 - 30m Gabriel P Beach Workout - Legs, Core & More - GF* 9:30 - 30m Gabriel P Flow - HY* 10:00 - 60m Jovani G	Flow - HY* 5:30 - 60m Lasha L Hot MYO® Asana - HS* 6:30 - 60m Lasha L The Ride - R* 7:00 - 45m Bernex R Hot Pilates Mat - HS* 8:00 - 45m Miguel S The Ride: Let the Beat Drop - R* 9:15 - 45m Bernex R ZUMBA® - GF* 9:30 - 60m Isobel Flow - HY* 10:15 - 60m Lasha L	Foundation - HY* 5:30 - 60m Tawana C Flow - HY* 8:00 - 60m Tawana C P3 Pilates - GF* 9:00 - 45m Tawana C Foundation - HY* 10:00 - 60m Denasia L Cardio Sculpt - GF* 11:00 - 30m Gary W Belly, Butt, & Thighs Bootcamp - GF* 11:30 - 30m Gary W	Hot Athlete - HS* 6:00 - 45m Tawana C Foundation - HY* 7:00 - 60m Tawana C Hot Pilates Mat - HY* 8:00 - 45m Tawana C ZUMBA® - GF* 9:30 - 60m Isobel Hot Core - HS* 10:15 - 30m Jayson Hot HIIT - HS* 10:45 - 30m Jayson	Foundation - HY* 5:30 - 60m Netta Foundation - HY* 8:00 - 60m Tawana C POUND® - GF* 9:15 - 30m Tawana C Fat Burning Pilates - GF* 9:45 - 30m Tawana C Foundation - HY* 10:00 - 60m Lasha L Cardio Tai Box Loaded - GF* 11:00 - 30m Gary W Belly, Butt, & Thighs Bootcamp - GF* 11:30 - 30m Gary W	Transform it: Cardio - GF* 8:30 - 30m Lasha L Transform it: Strong - GF* 9:00 - 30m Lasha L The Ride: Let the Beat Drop - R* 9:15 - 45m Keisha H Transform it: Core - GF* 9:30 - 30m Lasha L Flow - HY* 10:15 - 60m Jovani G ZUMBA® - GF* 10:15 - 60m Ahaja S Hot Pilates Mat - HY* 11:15 - 45m Jovani G	Hot Pilates Mat - HS* 9:00 - 45m Stephanie K Yoga Body Sculpt - GF* 9:00 - 60m Lasha L ZUMBA® - GF* 10:15 - 60m Ahaja S Fierce - HY* 10:15 - 60m Stephanie K The Ride: Intelligent Cycling - R* 11:00 - 45m Najla L
MID-DAY	Foundation - HY* 12:00 - 60m Lasha L				Hot MYO® Asana - HY* 12:00 - 60m Lasha L		
EVENING	Barbell Battleground - GF* 5:15 - 45m Coach April P3 Pilates - GF* 6:15 - 45m Kiyonna J ZUMBA® - GF* 7:00 - 60m Amber S The Ride: Let the Beat Drop - R* 7:15 - 45m Tomika Flow - HY* 7:30 - 60m Kiyonna J	Flow - HS* 5:30 - 60m Kelsey G Absolution - GF* 5:30 - 30m Jermaine T Belly, Butt, & Thighs Bootcamp - GF* 6:00 - 30m Jermaine T Top it Off - GF* 6:30 - 30m Jermaine T ZUMBA® - GF* 7:00 - 60m Amanda S The Ride - R* 7:15 - 45m Nicolina L Foundation - HY* 7:30 - 60m Stephanie K	Legendary Strength - GF* 5:15 - 45m Coach April ZUMBA® - GF* 7:00 - 60m Porschia E The Ride - R* 7:15 - 45m Sudie T Flow - HY* 7:30 - 60m Olivia H	Flow - HY* 5:30 - 60m Alexandra D Beach Workout - Arms & Abs - GF* 6:00 - 30m Amanda S Beach Workout - Legs, Core & More - GF* 6:30 - 30m Amanda S ZUMBA® - GF* 7:00 - 60m Amber S The Ride: Let the Beat Drop - R* 7:15 - 45m Sudie T Foundation - HY* 7:30 - 60m Stephanie K	Barbell 45 - GF* 6:15 - 45m Ariel C Hot Athlete - HS* 6:15 - 45m Netta Fierce - HY* 7:15 - 60m Netta		



CLASS DESCRIPTIONS

TUCKER

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

4420 Hugh Howell Road | 770.874.8020

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 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.}

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

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 HIIT: Ignite the fire, then freeze in this hot take on HIIT. In this 100-degree infrared experience, rounds of HIIT based athletic exercise variations alternate with core stability movements to create an energizing workout that will challenge your stamina and build your endurance.

Bring your own mat, mat towel, and water bottle}

Hot MYO® Asana: This class harmonizes body and mind through a unique combination of Myofascial Release and Yoga Flow. Designed to decrease stress and tension, this transformative experience also enhances flexibility and mobility. You'll begin with targeted myofascial release using the Myobility® Bar to ease muscle tightness, then transition into soothing yoga poses that stretch and strengthen. Embrace a rejuvenating practice that leaves your entire being feeling balanced, refreshed, and renewed.}

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}

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.}

POUND®: Channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along to a slammin' soundtrack using Riptix™ - weighted drumsticks designed to transform drumming into a kick-ass, fat burning, full body interval workout that will leave you dripping sweat.}

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: Intelligent Cycling: Crunch Ride comes to life in full color with this fully immersive, digital indoor cycling experience. Journey through virtual worlds, hypnotic visuals timed to the music and bright images that bring the coaching to life. Take your Ride experience to a new level and reach goals you never thought possible!

WARNING: The videos used in this class may potentially trigger seizures for people with photosensitive epilepsy. Participation discretion is advised.}

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.}

Transform it: Cardio: Think cardio is a cardi-NO? Elevate your heart rate and unleash your potential with Transform It: Cardio. This high-energy workout harnesses the power of our adjustable decks to make every session fresh and challenging. Take your endurance training to the next level and supercharge your metabolism with this fiercely fun, transformational workout.}

Transform it: Core: Transform It: Core brings a dynamic dimension to training the midsection! Using our adjustable decks, work with and against gravity for added intensity and depth and range of motion that will target every core muscle group, from your obliques to your back extensors. Get a new angle on training and experience your core like never before!}

Transform it: Strong: Transform your fitness with the power of adjustable decks and dumbbells! Elevate your upper half and level up your lower body with dedicated rounds of work to leave you sculpted and lean. Explore the intensity of the incline and dig into the decline as you morph your way to your most powerful body!}

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.}