



# GROUP FITNESS

PLANO

Week of 08/18/25  
\*GF / Group Fitness R / Ride

MORNING



MID-DAY



EVENING



	MONDAY, 08/18/25	TUESDAY, 08/19/25	WEDNESDAY, 08/20/25	THURSDAY, 08/21/25	FRIDAY, 08/22/25	SATURDAY, 08/23/25	SUNDAY, 08/24/25
MORNING	<b>Beach Workout - Legs, Core &amp; More</b> - GF* 9:00 - 30m Yvette W <b>Bodyweb w TRX</b> ® - GF* 9:30 - 30m Yvette W <b>ZUMBA</b> ® - GF* 10:00 - 60m Lit	<b>Chisel</b> - GF* 10:00 - 30m Yvette W <b>Bodyweb w TRX</b> ® - GF* 10:30 - 30m Yvette W	<b>The Ride</b> - R* 5:30 - 45m Kelle F <b>Barbell 45</b> - GF* 9:00 - 45m Dawn H <b>Ripped Pilates</b> - GF* 10:00 - 30m Dawn H		<b>ZUMBA</b> ® - GF* 9:30 - 60m Lit	<b>Legendary Strength</b> - GF* 9:00 - 30m Kelle F <b>10 in 10: Core</b> - GF* 9:30 - 15m Kelle F <b>The Ride: Let the Beat Drop</b> - R* 10:00 - 45m Kelle F <b>ZUMBA</b> ® - GF* 10:30 - 60m Alicia T	<b>Top it Off</b> - GF* 9:00 - 30m Kelle F <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 9:30 - 30m Kelle F <b>ZUMBA</b> ® - GF* 10:00 - 60m Sally <b>Yoga Body Sculpt</b> - GF* 11:00 - 60m Anett M
MID-DAY							
EVENING	<b>Chill the Flow Out Yoga</b> - GF* 5:00 - 60m Anett M <b>The Ride</b> - R* 6:00 - 45m Claire E <b>P3 Pilates</b> - GF* 6:00 - 45m Anett M <b>ZUMBA</b> ® - GF* 7:00 - 60m Rita	<b>The Ride</b> - R* 6:00 - 45m Delina R <b>Beach Workout - Legs, Core &amp; More</b> - GF* 6:00 - 30m Kelle F <b>Cardio Tai Box</b> - GF* 6:30 - 30m Kelle F <b>ZUMBA</b> ® - GF* 7:00 - 60m Sally	<b>Slow Burn</b> - GF* 6:00 - 30m Yvette W <b>The Ride</b> - R* 6:15 - 45m Abraham M <b>Top it Off</b> - GF* 6:30 - 30m Yvette W <b>ZUMBA</b> ® - GF* 7:00 - 60m Rita	<b>Barbell 45</b> - GF* 5:30 - 45m Kelle F <b>The Ride</b> - R* 6:15 - 45m Abraham M <b>10 in 10: Core</b> - GF* 6:15 - 15m Kelle F <b>ZUMBA</b> ® - GF* 6:30 - 60m Sally <b>Yoga Body Sculpt</b> - GF* 7:30 - 60m Stacey S			



# CLASS DESCRIPTIONS

# PLANO

Visit [crunch.com](https://crunch.com) for online schedules and club information. This schedule is subject to change

Monday: 5:00am - 12:00am Tue - Fri: 12:00am - 12:00am Saturday: 12:00am - 7:00pm Sunday: 7:00am - 7:00pm

1701 Preston Rd | 214.910.1660

**10 in 10: Core:** Got ten minutes? Build a rock-solid midsection in just 10 exercises designed to activate your core and build balance, stability, and overall strength.}

**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-torcing 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.}

**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.}

**Chill the Flow Out Yoga:** Tune out society's noise and tap into the steadiness and ease of your body's natural rhythms in this slow, powerful yoga flow. Build strength and resilience by creating space in every movement with mindful connection between body and breath. You'll discover ease in your body and stillness in your mind.}

**Chisel:** Use weights and calisthenics to sculpt and shape muscles.}

**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.}

**Ripped Pilates:** Get ripped with this bad\$\$\$ take on mat Pilates. Not your mama's practice, this format activates the core, builds strength and muscular endurance, and powers through a sweat-inducing energizing flow. You will come away unstoppable!}

**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.}