



GROUP FITNESS

ARBORETUM

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

MORNING



MID-DAY



EVENING



	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
	Belly, Butt, & Thighs Bootcamp - GF* 8:30 - 30m Kristy D Iron Mat Pilates - GF* 9:00 - 30m Kristy D The Ride - R* 9:30 - 45m Kristy D 10 in 10: Core - GF* 10:30 - 15m Kristy D MYO® Length -N -Alignment - GF* 10:45 - 30m Kristy D	Top to Bottom Burnout - GF* 5:30 - 30m Leea R 10 in 10: Core - GF* 6:00 - 15m Leea R Barbell 45 - GF* 10:30 - 45m Susan G 10 in 10: Mobility - GF* 11:15 - 15m Susan G	Barbell 45 - GF* 9:00 - 45m Libby B Fat Burning Pilates - GF* 10:00 - 30m Rebecca M Top it Off - GF* 10:30 - 30m Rebecca M	Barbell 45 - GF* 5:30 - 45m Vee M Iron Mat Pilates - GF* 10:00 - 30m Kristy D 10 in 10: Core - GF* 10:30 - 15m Kristy D MYO® Length -N -Alignment - GF* 10:45 - 30m Kristy D	Hatha Flow - GF* 11:00 - 60m Amy B	The Ride - R* 8:15 - 45m Allison J Barbell 45 - GF* 10:00 - 45m Angie M ZUMBA ® - GF* 11:00 - 60m Shannon M	Hatha Flow - GF* 9:00 - 60m Emily G Top to Bottom Burnout - GF* 10:15 - 30m Hilda L Absolution - GF* 10:45 - 30m Hilda L
	The Ride - R* 5:45 - 45m Allison J Transform it: Cardio - GF* 5:45 - 30m Vee M Chisel - GF* 6:15 - 30m Vee M Hatha Flow - GF* 6:45 - 60m Allison M	Barbell 45 - GF* 5:45 - 45m Traci H ZUMBA ® - GF* 6:45 - 60m Shannon M	Barre Bootcamp - GF* 5:45 - 30m Angie M The Ride - R* 5:45 - 45m Traci H Iron Mat Pilates - GF* 6:15 - 30m Angie M Yoga Body Sculpt - GF* 6:45 - 60m Jennifer C	Belly, Butt, & Thighs Bootcamp - GF* 5:45 - 30m Traci H Top it Off - GF* 6:15 - 30m Traci H ZUMBA ® - GF* 6:45 - 60m Yuliia S			



CLASS DESCRIPTIONS

ARBORETUM

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

3413 Pineville-Matthews Road | 704.396.8320

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

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.}

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!}

Barre Bootcamp: Step up to the BARRE in this high-energy fusion of barre work with segments of strength designed to redefine your limits. Crush those lower body goals with our killer sequence of three barre-based exercises, then crank up the intensity with upper body strength challenges to unleash your powerhouse potential.}

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.}

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

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.}

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.}

MYO® Length -N-Alignment: Length-N-Alignment is a mind-body class that will help you move and feel better by releasing stress and tension in your body. With the use of the Myobility Bar, you will learn myofascial release techniques paired with stretching and breathing to create a longer, leaner, more flexible, and balanced body.}

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.}

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.}

Top to Bottom Burnout: Break out the booty bands and dumbbells for a hard-hitting infusion of strength to build your bone density and rock-solid confidence! Band together the bottom half, take it to the top with dumbbells, then burn out the combination for an experience your body will remember for days. Bottoms up!}

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.}

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.}