



GROUP FITNESS

SUNRISE

Week of 06/16/25

*HS / Hot Stuff R / Ride HZ / HIITZone GF / Group Fitness

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	Hot Athlete - HS* 5:30 - 45m Adae G The Ride: Let the Beat Drop - R* 5:30 - 45m Shonn Foundation - HS* 6:30 - 60m Karen A Hot Athlete - HS* 8:45 - 45m Adae G Legendary Strength - GF* 9:15 - 45m Maribel M The Ride - R* 9:15 - 45m Jaime M Flow - HS* 10:00 - 60m Sheila P ZUMBA @ - GF* 10:00 - 60m Maribel M	Hot Pilates Mat - HS* 8:15 - 45m Nya B Fierce - HS* 9:15 - 60m Sheila P Belly, Butt, & Thighs Bootcamp - GF* 9:15 - 30m Latonia M The Ride - R* 9:15 - 45m Jackie Top it Off - GF* 9:45 - 30m Latonia M Hot Core - HS* 10:30 - 30m Latonia M	The Ride: Let the Beat Drop - R* 5:30 - 45m Shonn The Ride - R* 8:15 - 45m Jaime M Hot Pilates Mat - HS* 9:00 - 45m Beth Barbell 45 - GF* 9:15 - 45m Shewonda L Flow - HS* 10:00 - 60m Karina M ZUMBA @ - GF* 10:00 - 60m Ernesto N	Flow - HS* 8:30 - 60m Elizabeth D The Ride - R* 9:00 - 45m Paoli R Hot HIIT - HS* 9:45 - 30m Maribel M Hot Core - HS* 10:15 - 30m Maribel M Flow - HS* 11:00 - 60m Sheila P	Hot Pilates Mat - HS* 8:15 - 45m Ana H The Ride - HZ* 9:15 - 45m Alyssa B Barbell 45 - GF* 9:30 - 45m Shewonda L Flow - HS* 10:15 - 60m Florencia	Flow - HS* 8:30 - 60m Jack B The Ride - R* 9:00 - 45m Paoli R Hot Athlete - HS* 9:45 - 45m Shewonda L ZUMBA @ - GF* 10:00 - 60m Jorge P The Ride - R* 10:00 - 45m Michael D Foundation - HS* 10:45 - 60m Florencia	Hot HIIT - HS* 8:30 - 30m Gerald F The Ride: Let the Beat Drop - R* 8:30 - 45m Shonn Hot Core - HS* 9:00 - 30m Gerald F The Ride: Let the Beat Drop - R* 9:45 - 45m Ruby ZUMBA @ - GF* 10:00 - 60m Gerald C Foundation - HS* 10:15 - 60m Vanessa M
MID-DAY						Flow - HS* 12:00 - 60m Sheila P	
EVENING	Hot HIIT - HS* 4:30 - 30m Nichole W Hot Core - HS* 5:00 - 30m Nichole W Flow - HS* 6:00 - 60m Elizabeth D Belly, Butt, & Thighs Bootcamp - GF* 6:00 - 30m Michelle J Top it Off - GF* 6:30 - 30m Michelle J ZUMBA @ - GF* 7:00 - 60m Eduardo M The Ride - R* 7:15 - 45m Michelle J Hot Pilates Mat - HS* 7:30 - 45m Brandi L	Barbell 45 - GF* 5:30 - 45m Francesca G The Ride: Let the Beat Drop - R* 6:00 - 45m Shonn Flow - HS* 6:15 - 60m Karina M Hot Pilates Mat - HS* 7:30 - 45m Xixi Z The Ride: Let the Beat Drop - R* 7:30 - 45m Ruby ZUMBA @ - GF* 7:30 - 60m Stephanie H	Belly, Butt, & Thighs Bootcamp - GF* 4:30 - 30m Francesca G Top it Off - GF* 5:00 - 30m Francesca G The Ride - R* 5:30 - 45m Stella Iron Mat Pilates - GF* 5:30 - 30m Karina M ZUMBA @ - GF* 6:00 - 60m Susan O Foundation - HS* 6:00 - 60m Vanessa M Barbell 45 - GF* 7:00 - 45m Francesca G The Ride: Let the Beat Drop - R* 7:15 - 45m Nadege D Flow - HS* 7:15 - 60m Vanessa M ZUMBA @ - GF* 8:00 - 60m Robert	The Ride: Let the Beat Drop - R* 4:30 - 45m Shonn Barbell 45 - GF* 5:30 - 45m Adae G Foundation - HS* 6:15 - 60m Carolina O ZUMBA @ - GF* 7:15 - 60m Eduardo M Hot Pilates Mat - HS* 7:30 - 45m Molena M The Ride - R* 7:30 - 45m Leibeth M	Hot Pilates Mat - HS* 5:30 - 45m Nya B Hot Core - HS* 6:30 - 30m Ana H ZUMBA @ - GF* 6:30 - 60m Ernesto N Joint Ventures - HS* 7:00 - 30m Ana H		



CLASS DESCRIPTIONS

SUNRISE

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

9919 West Oakland Park Blvd | 754.273.9430

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!}

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.}

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 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}

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.}

Joint Ventures: Improve mobility and flexibility by increasing your range of motion in Joint Ventures! Untwist your upper body, loosen your lower half, then find your flow incorporating the entire body in this innovative spin on mobility. Work up a sweat while improving stamina, strength, flexibility, and balance, all in one 30-minute feel-good session.}

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!}

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.}

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.}