



GROUP FITNESS

WESLEY CHAPEL

Week of 08/18/25

*GF / Group Fitness R / Ride HZ / HIITZone

MORNING
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MID-DAY
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EVENING
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	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
	The Ride - R* 6:00 - 45m Jenn B Chisel - GF* 9:00 - 30m Kristine ZUMBA @ - GF* 9:30 - 60m Wendy C Rapid Ride - GF* 9:45 - 30m Kristine P3 Pilates - GF* 10:30 - 45m Wendy C	Barbell Battleground - GF* 8:15 - 45m Wendy C Rapid Ride - R* 8:30 - 30m Kristine Barbell 45 - GF* 9:15 - 45m Kristine ZUMBA @ - GF* 10:00 - 60m Kenya C P3 Pilates - GF* 11:00 - 45m Kenya C	The Ride - R* 6:00 - 45m Jenn B ZUMBA @ - GF* 9:30 - 60m Angela R The Ride - R* 9:45 - 45m Wendy C P3 Pilates - GF* 10:30 - 45m Angela R	The Ride - R* 7:00 - 45m Charles Top it Off - GF* 9:00 - 30m Kristine Belly, Butt, & Thighs Bootcamp - GF* 9:30 - 30m Kristine Barbell 45 - GF* 10:00 - 45m Ericka A P3 Pilates - GF* 10:45 - 45m Ericka A	The Ride - R* 6:00 - 45m Jenn B Barbell 45 - GF* 8:30 - 45m Charles The Ride - R* 9:30 - 45m Michael C ZUMBA @ - GF* 10:00 - 60m Chase O	Yoga Body Sculpt - GF* 8:00 - 60m Maggie P Barbell 45 - GF* 9:00 - 45m Maggie P The Ride - R* 9:30 - 45m Jamy ZUMBA @ - GF* 10:00 - 60m Veruska A	Yoga Body Sculpt - GF* 9:00 - 60m Sharon E ZUMBA @ - GF* 10:00 - 60m Saketh
	Yoga Body Sculpt - GF* 12:15 - 60m Melissa O	The Ride - R* 12:15 - 45m Namgay B	Yoga Body Sculpt - GF* 12:15 - 60m Melissa O				
	Barbell 45 - GF* 6:00 - 45m Sarah P The Ride - R* 7:00 - 45m Charles ZUMBA @ - GF* 7:00 - 60m Brenda P P3 Pilates - GF* 8:00 - 45m Namgay B	Cardio Tai Box - GF* 6:00 - 30m Sharon E The Ride - HZ* 6:00 - 45m Laura M Chisel - GF* 6:30 - 30m Sharon E ZUMBA @ - GF* 7:00 - 60m Angela R	Barbell 45 - GF* 6:00 - 45m Laura M The Ride - GF* 7:00 - 45m Laura M ZUMBA @ - GF* 7:00 - 60m Veruska A Yoga Body Sculpt - GF* 8:00 - 60m Namgay B	Barbell 45 - GF* 6:00 - 45m Sarah P The Ride - R* 6:00 - 45m Chase O ZUMBA @ - GF* 7:00 - 60m Sarah P P3 Pilates - GF* 8:00 - 45m Chase O	ZUMBA @ - GF* 6:30 - 60m Leilani M		



CLASS DESCRIPTIONS

WESLEY CHAPEL

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

5351 Village Market Drive | 813.295.2723

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.}

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 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.}

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

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.}

Rapid 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 all in 30mins!}

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.}

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.}