



# GROUP FITNESS

ALLEN

Week of 08/18/25

\*GF / Group Fitness R / Ride HZ / HIITZone

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>Chisel</b> - GF* 8:30 - 30m Serena G <b>Band Camp</b> - GF* 9:00 - 30m Serena G <b>Stripped-Down Strength</b> - GF* 9:30 - 30m Serena G <b>Chill the Flow Out Yoga</b> - GF* 10:30 - 60m Stacey S	<b>The Ride</b> - R* 5:30 - 45m Serena G <b>Chill the Flow Out Yoga</b> - GF* 8:30 - 60m Dimple P <b>ZUMBA @</b> - GF* 9:30 - 60m Rachel C.	<b>Beach Workout - Arms &amp; Abs</b> - GF* 8:30 - 30m Deborah Y <b>Beach Workout - Legs, Core &amp; More</b> - GF* 9:00 - 30m Deborah Y <b>ZUMBA @</b> - GF* 9:30 - 60m Carola C <b>P3 Pilates</b> - GF* 10:30 - 45m Rachel C.	<b>Yoga Body Sculpt</b> - GF* 5:30 - 60m Mona D <b>The Ride: Let the Beat Drop</b> - R* 5:30 - 45m Serena G <b>P3 Pilates</b> - GF* 6:30 - 45m Mona D <b>The Ride</b> - R* 8:30 - 45m Rachel C. <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 8:30 - 30m Serena G <b>Top it Off</b> - GF* 9:00 - 30m Serena G <b>ZUMBA @</b> - GF* 9:30 - 60m Angie <b>Chill the Flow Out Yoga</b> - GF* 10:30 - 60m Sangita R	<b>Yoga Body Sculpt</b> - GF* 8:30 - 60m Dimple P <b>The Ride</b> - R* 9:00 - 45m Serena G <b>So You Think You Can't Dance</b> - GF* 9:30 - 60m Mark L	<b>Barbell 45</b> - GF* 8:30 - 45m Elisa V <b>Band Camp</b> - GF* 9:30 - 30m Elisa V <b>The Ride</b> - R* 9:30 - 45m Rachel C. <b>ZUMBA @</b> - GF* 10:00 - 60m JoJo	<b>The Ride: Let the Beat Drop</b> - R* 10:00 - 45m Des <b>P3 Pilates</b> - GF* 10:30 - 45m Robyn R
MID-DAY							
EVENING	<b>The Ride</b> - R* 5:00 - 45m Kendall G <b>Chisel</b> - GF* 5:30 - 30m Phena <b>Absolution</b> - GF* 6:00 - 30m Phena <b>ZUMBA @</b> - GF* 6:30 - 60m Stephanie C	<b>Barbell 45</b> - HZ* 5:30 - 45m Elisa V <b>10 in 10: Agility</b> - GF* 6:15 - 15m Elisa V <b>The Ride: Level it Up</b> - R* 6:30 - 45m Ricardo G <b>ZUMBA @</b> - GF* 6:30 - 60m Stephanie C <b>Yoga Body Sculpt</b> - GF* 7:30 - 60m Rachel C.	<b>Barbell 45</b> - GF* 5:30 - 45m Phena <b>ZUMBA @</b> - GF* 6:30 - 60m Angela H <b>The Ride</b> - R* 7:00 - 45m Des <b>Yoga Body Sculpt</b> - GF* 7:30 - 60m Mona D	<b>P3 Pilates</b> - GF* 5:30 - 45m Rachel C. <b>ZUMBA @</b> - GF* 6:30 - 60m Rachel C.	<b>ZUMBA @</b> - GF* 6:30 - 60m Betsy		



# CLASS DESCRIPTIONS

# ALLEN

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

510 North Watters Road | 469.824.3022

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

**10 in 10: Agility:** Improve your balance, coordination, mental focus, and overall athleticism in this 10-minute, 10-move session that serves as a great bonus finisher (or opener) to any workout.}

**Absolution:** The perfect core strengthening solution: concentrated ab-centric exercises paired with deep restorative stretching.}

**Band Camp:** Get ready for Band Camp! Boost your workout and your backside with this dedicated lower body class that utilizes bands and bodyweight. Chisel your lower body and sculpt your core with unique movements that challenge your muscular endurance, core strength and stability. Band Camp delivers big results!}

**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 - 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.}

**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.}

**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.}

**So You Think You Can't Dance:** Bring the magic of dancing back with this cardio dance class which combines easy to follow moves with fun choreography. This non stop format, will have you dancing and grooving to original music while breaking a sweat and having fun! Think you CAN'T dance? Think again!}

**Stripped-Down Strength:** Accumulate endurance and accumulate results with this innovative body-shredding bodyweight blast! A great complement to heavy lifting, volume training allows for more reps and sets to failure while giving connective tissue a break. Shake it up with bursts of plyometric exercises to boost your energy and build bone density. Shift your body composition like never before with Stripped-Down Strength!}

**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.}

**The Ride: Level it Up:** The strongest structures start with a sturdy foundation, then build! Get ready to feel the burn as your Ride coach helps you to establish your base intensity, then torch those calories through a series of power-pushing intervals. Prepare to rack up some of your best-ever distances, calorie burns and power output!}

**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.}