



GROUP FITNESS

NORTH RICHLAND HILLS

Week of 05/12/25
*R / Ride GF / Group Fitness

MORNING



MID-DAY



EVENING



	MONDAY, 05/12/25	TUESDAY, 05/13/25	WEDNESDAY, 05/14/25	THURSDAY, 05/15/25	FRIDAY, 05/16/25	SATURDAY, 05/17/25	SUNDAY, 05/18/25
	Chill the Flow Out Yoga - GF* 8:30 - 60m Wendy T ZUMBA ® - GF* 9:30 - 60m Alyssa M	Fat Burning Pilates - GF* 8:30 - 30m Angela E Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Angela E	Chill the Flow Out Yoga - GF* 8:30 - 60m Wendy T ZUMBA ® - GF* 9:30 - 60m Wendy K	Fat Burning Pilates - GF* 8:30 - 30m Angela E Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Angela E	Chill the Flow Out Yoga - GF* 8:30 - 60m Angela E ZUMBA ® - GF* 9:30 - 60m Adam R	Strong Nation® - GF* 7:30 - 30m Edina P Transform it: Core - GF* 8:00 - 30m Edina P Chill the Flow Out Yoga - GF* 8:30 - 60m Debbie D ZUMBA ® - GF* 9:30 - 60m Mleena C	Yoga Body Sculpt - GF* 11:30 - 60m Angela E
	Belly, Butt, & Thighs Bootcamp - GF* 5:30 - 30m Emily H The Ride - R* 5:30 - 45m DREW Transform it: Core - GF* 6:00 - 30m Emily H Barbell 45 - GF* 6:30 - 45m DREW ZUMBA ® - GF* 7:15 - 60m Mleena C	ZUMBA ® - GF* 5:30 - 60m Marta H The Ride - R* 6:15 - 45m Christalena Barbell 45 - GF* 6:30 - 45m Catalina S	Belly, Butt, & Thighs Bootcamp - GF* 5:30 - 30m Ana A The Ride - R* 5:30 - 45m Jeannia B Transform it: Core - GF* 6:00 - 30m Ana A Barbell 45 - GF* 6:30 - 45m Catalina S ZUMBA ® - GF* 7:15 - 60m Cecile A	ZUMBA ® - GF* 5:30 - 60m Marta H The Ride - R* 6:15 - 45m Christalena Barbell 45 - GF* 6:30 - 45m Emily H 10 in 10: Core - GF* 7:15 - 15m Emily H			



CLASS DESCRIPTIONS

NORTH RICHLAND HILLS

6601 NE Loop 820 | 682.610.3051

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

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

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!}

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.}

Fat Burning Pilates: Calorie burning cardio and pilates based toning combine to maximize your fat burning potential.}

Strong Nation@: STRONG NATION@ combines high intensity interval training (HIIT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that will push you past your perceived limits, to reach your most ambitious fitness goals faster. The music in STRONG NATION@ was crafted to drive the intensity of the class in a challenging progression that provides a total body workout. The result? A group fitness experience like no other. Get fitter. Get faster. Get stronger.}

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.}

Transform it: Core: Transform It: Core brings a dynamic dimension to training the midsection! Using our adjustable decks, work with and against gravity for added intensity and depth and range of motion that will target every core muscle group, from your obliques to your back extensors. Get a new angle on training and experience your core like never before!}

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.}