



GROUP FITNESS

OCOEE

Week of 04/28/25

*GF / Group Fitness R / Ride P / Pool

MORNING



MID-DAY



EVENING



	MONDAY, 04/28/25	TUESDAY, 04/29/25	WEDNESDAY, 04/30/25	THURSDAY, 05/01/25	FRIDAY, 05/02/25	SATURDAY, 05/03/25	SUNDAY, 05/04/25
MORNING	P3 Pilates - GF* 9:00 - 45m Dihanne S Yoga Body Sculpt - GF* 10:00 - 60m Alecia H Aqua Marine - P* 10:15 - 60m Leticia B	Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Karen A The Ride: Let the Beat Drop - R* 9:15 - 45m Leticia B EVOLVE: Active - GF* 9:30 - 30m Karen A Aqua Attack - P* 10:15 - 60m Leticia B	Barbell 45 - GF* 9:15 - 45m LUIZA P Yoga Body Sculpt - GF* 10:30 - 60m Dihanne S	Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Karen A The Ride - R* 9:15 - 45m Leticia B EVOLVE: Active - GF* 9:30 - 30m Karen A Aqua Marine - P* 10:15 - 60m Leticia B	P3 Pilates - GF* 9:00 - 45m Jessi	The Ride - R* 8:15 - 45m Johnny Debut Chisel - GF* 9:00 - 30m Angelica F Fat Burning Pilates - GF* 9:30 - 30m Angelica F ZUMBA @ - GF* 10:00 - 60m Natasha P Aqua Attack - P* 10:15 - 60m Angelica F	ZUMBA @ - GF* 9:00 - 60m Natasha P The Ride - R* 9:15 - 45m Bradley C Yoga Body Sculpt - GF* 10:15 - 60m Bradley C
MID-DAY							
EVENING	Barbell Battleground - GF* 6:00 - 45m Leah R Aqua Attack - P* 6:00 - 60m Leandra D The Ride - R* 6:00 - 45m Jannilet F ZUMBA @ - GF* 7:00 - 60m Edwin N Yoga Body Sculpt - GF* 8:15 - 60m Bradley C	Top to Bottom Burnout - GF* 6:00 - 30m Karen A 10 in 10: Core - GF* 6:30 - 15m Karen A The Ride - R* 7:00 - 45m Karen A ZUMBA @ - GF* 7:00 - 60m Mari R	Barbell 30 - GF* 6:00 - 30m Jessi The Ride - R* 6:00 - 45m Johnny Debut Fat Burning Pilates - GF* 6:30 - 30m Jessi ZUMBA @ - GF* 7:00 - 60m Tiffany W	Transform it: Strong - GF* 6:00 - 30m Karen A Aqua Marine - P* 6:00 - 60m Leandra D Transform it: Core - GF* 6:30 - 30m Karen A The Ride: Let the Beat Drop - R* 7:00 - 45m Lisa T ZUMBA @ - GF* 7:00 - 60m Kevin T			



CLASS DESCRIPTIONS

OCOEE

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

1560 East Silver Star Road | 321.329.1010
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.}

Aqua Attack: Immerse yourself in multiple fitness modalities, all using the power of the pool! Plunge into quadrants of cardio, plyo pop-ups, splashes of strength, and chunks of core-crushing work, all designed to get you fiercely fit in a tsunami of FUN!
NOTE: Participants should wear close-fitting fitness gear (not swimsuits) and aquatic or athletic shoes designated for pool workouts. Street shoes are not recommended, as to avoid pool contamination.}

Aqua Marine: Make a SPLASH with this water-based HIIT workout that protects the joints while kicking ass. Get in formation with your platoon with weighted and unweighted athletic drills designed to amp up your heart rate and challenge your strength, all in 360° of water resistance, without swimming a lap!}

Barbell 30: 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 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.}

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

EVOLVE: Active: Become the best version of yourself with EVOLVE: Active! This class designed for Active Older Adults features bursts of diverse low impact exercises designed to protect joints, support bone density, train your balance, and energize your body with multi-level cardio-based exercises to keep your heart healthy and your metabolism firing! Go active and get ready to move!}

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

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.}

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 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: 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!}

Transform it: Strong: Transform your fitness with the power of adjustable decks and dumbbells! Elevate your upper half and level up your lower body with dedicated rounds of work to leave you sculpted and lean. Explore the intensity of the incline and dig into the decline as you morph your way to your most powerful body!}

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.}