



# GROUP FITNESS

## STEELE CREEK

Week of 05/05/25

\*GF / Group Fitness H / Hot Studio R / Ride

MORNING



MID-DAY



EVENING



	MONDAY, 05/05/25	TUESDAY, 05/06/25	WEDNESDAY, 05/07/25	THURSDAY, 05/08/25	FRIDAY, 05/09/25	SATURDAY, 05/10/25	SUNDAY, 05/11/25
	<b>The Ride</b> - R* 5:30 - 45m Quiana C <b>Top it Off</b> - GF* 6:30 - 30m Diamond <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 7:00 - 30m Diamond <b>Hot Athlete</b> - H* 9:00 - 45m JoBeth <b>Hot Pilates Mat</b> - H* 10:30 - 45m Abby M	<b>Barbell 45</b> - GF* 5:30 - 45m Diamond <b>Flow</b> - H* 7:00 - 60m Amy B <b>The Ride</b> - R* 9:30 - 45m Shannon D <b>Fat Burning Pilates</b> - GF* 10:30 - 30m Hunter J <b>Absolution</b> - GF* 11:00 - 30m Hunter J	<b>The Ride: Let the Beat Drop</b> - R* 5:30 - 45m Claudia G <b>Hot Pilates Mat</b> - H* 6:30 - 45m Claudia G <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 9:30 - 30m Kristy B <b>Top it Off</b> - GF* 10:00 - 30m Kristy B <b>Foundation</b> - H* 10:30 - 60m Holly M	<b>Foundation</b> - H* 7:00 - 60m Abby M <b>The Ride: Let the Beat Drop</b> - R* 9:30 - 45m Lindsay C <b>Iron Mat Pilates</b> - GF* 10:30 - 30m Lindsay C <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 11:00 - 30m Lindsay C	<b>Hot Pilates Mat</b> - GF* 5:30 - 45m Christa E <b>Hot Core</b> - H* 6:30 - 30m Claudia G <b>Barbell 45</b> - GF* 9:30 - 45m Elizabeth R <b>Flow</b> - H* 10:30 - 60m Sandy T	<b>Hot Pilates Mat</b> - H* 8:30 - 45m Iryna K <b>Barbell 45</b> - GF* 9:00 - 45m Matt L <b>The Ride: Let the Beat Drop</b> - R* 9:00 - 45m Kelly C <b>Hot Athlete</b> - H* 9:30 - 45m Hilda L <b>Yoga Body Sculpt</b> - GF* 10:00 - 60m Iryna K <b>So You Think You Can't Dance</b> - GF* 11:00 - 60m Chris J	<b>Hot Pilates Mat</b> - H* 8:30 - 45m Holly M <b>Top it Off</b> - GF* 9:00 - 30m Claudia G <b>Fat Burning Pilates</b> - GF* 9:30 - 30m Claudia G <b>Hot Core</b> - H* 10:15 - 30m Claudia G <b>Foundation</b> - H* 11:00 - 60m Christa E
		<b>Hot Pilates Mat</b> - H* 12:00 - 45m Hunter J			<b>Barbell 45</b> - GF* 12:00 - 45m Sandy T		
	<b>Hot Pilates Mat</b> - H* 5:45 - 45m Meg M <b>The Ride</b> - R* 6:00 - 45m Christa E <b>ZUMBA @</b> - GF* 6:30 - 60m Drea <b>Chill the Flow Out Yoga</b> - GF* 7:30 - 60m Iryna K	<b>P3 Pilates</b> - GF* 5:30 - 45m Iryna K <b>Hot Athlete</b> - H* 5:30 - 45m Claudia G <b>The Ride</b> - R* 6:00 - 45m Amanda L <b>ZUMBA @</b> - GF* 6:30 - 60m Yuliia S <b>Foundation</b> - H* 6:45 - 60m Iryna K	<b>Barbell 45</b> - GF* 5:30 - 45m Hunter J <b>Hot Pilates Mat</b> - H* 5:45 - 45m Iryna K <b>The Ride: Let the Beat Drop</b> - R* 6:00 - 45m Amanda L <b>ZUMBA @</b> - GF* 6:30 - 60m Samantha G <b>Hot Athlete</b> - H* 6:45 - 45m Hilda L <b>Hot Core</b> - H* 7:30 - 30m Hunter J <b>Yoga Body Sculpt</b> - GF* 7:30 - 60m Iryna K	<b>Top it Off</b> - GF* 5:30 - 30m Hunter J <b>Foundation</b> - H* 5:30 - 60m Amy B <b>Belly, Butt, &amp; Thighs Bootcamp</b> - GF* 6:00 - 30m Hunter J <b>The Ride: Let the Beat Drop</b> - R* 6:00 - 45m Shannon D <b>ZUMBA @</b> - GF* 6:30 - 60m Will F <b>Flow</b> - H* 6:45 - 60m Jennifer C	<b>So You Think You Can't Dance</b> - GF* 6:00 - 60m JoBeth <b>Hot Core</b> - H* 7:15 - 30m JoBeth		



# CLASS DESCRIPTIONS

# STEELE CREEK

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

11108 South Tryon Street | 980.252.7170

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

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

**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.}

**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 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.}

**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!}

**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.}

**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.}