



GROUP FITNESS

CORAL RIDGE

Week of 12/08/25

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

MORNING



MID-DAY



EVENING



	MONDAY, 12/08/25	TUESDAY, 12/09/25	WEDNESDAY, 12/10/25	THURSDAY, 12/11/25	FRIDAY, 12/12/25	SATURDAY, 12/13/25	SUNDAY, 12/14/25
	Hot Pilates Mat - H* 5:30 - 45m Norma S Hot Yoga Foundation - H* 6:15 - 60m Norma S Hot Pilates Mat - H* 8:30 - 45m Kendrick V Legendary Strength - GF* 8:45 - 45m Lisa P The Ride - R* 9:30 - 45m Shana Hot Athlete - H* 9:45 - 45m Lisa P Hot Yoga Foundation - H* 10:45 - 60m Kendrick V	The Ride - R* 5:30 - 45m Erika J Hot Yoga Flow - H* 8:00 - 60m Crystal L The Ride - R* 8:15 - 45m Carol Barbell 45 - GF* 9:15 - 45m Fran G Hot Pilates Mat - H* 9:15 - 45m Carol Hot Core - H* 10:15 - 30m Fran G	Hot Athlete - H* 5:30 - 45m Maribel M Hot Yoga Flow - H* 8:30 - 60m Alicia A Belly, Butt, & Thighs Bootcamp - GF* 9:15 - 30m Fran G Hot Pilates Mat - H* 9:45 - 45m Lau Top it Off - GF* 9:45 - 30m Fran G	The Ride - R* 5:30 - 45m Erin C Barbell 45 - GF* 8:15 - 45m Maribel M Hot Yoga Fierce - H* 8:15 - 60m Alicia A The Ride - R* 8:15 - 45m Carol Hot Athlete - H* 9:15 - 45m Maribel M ZUMBA @ - GF* 10:00 - 60m Leonela L Hot Pilates Mat - H* 10:15 - 45m Fran G	Hot Pilates Mat - H* 5:30 - 45m Norma S Hot Yoga Foundation - H* 6:15 - 60m Norma S Hot Pilates Mat - H* 8:00 - 45m Paoli R Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Jeffrey K Hot Yoga Fierce - H* 9:00 - 60m Alicia A Top it Off - GF* 9:30 - 30m Jeffrey K Hot HIIT - H* 10:15 - 30m Jeffrey K Hot Core - H* 10:45 - 30m Jeffrey K	Hot Pilates Mat - H* 8:15 - 45m Xixi Z The Ride - R* 9:15 - 45m Yuu S Top to Bottom Burnout - GF* 9:15 - 30m Maribel M Hot Yoga Flow - H* 9:15 - 60m Alicia A 10 in 10: Core - GF* 9:45 - 15m Maribel M ZUMBA @ - GF* 10:00 - 60m Leonela L Hot Pilates Mat - H* 10:30 - 45m Norma S P3 Pilates - GF* 11:00 - 45m Maribel M Hot Yoga Foundation - H* 11:15 - 60m Norma S	The Ride: Let the Beat Drop - R* 8:15 - 45m Erika J Hot Pilates Mat - H* 9:15 - 45m Lau Cardio Tai Box - GF* 9:15 - 30m Marlon M Belly, Butt, & Thighs Bootcamp - GF* 10:00 - 30m Lisa P Hot Yoga Flow - H* 10:15 - 60m Lau Top it Off - GF* 10:30 - 30m Lisa P
	Hot Yoga Flow - H* 5:30 - 60m Dixie P3 Pilates - GF* 5:30 - 45m Lau Band Camp - GF* 6:30 - 30m Jeffrey K Hot Athlete - H* 6:45 - 45m Laura J Top 10x10 - GF* 7:00 - 30m Jeffrey K ZUMBA @ - GF* 7:30 - 60m Carlos D Hot Pilates Mat - H* 7:45 - 45m Laura J	Hot Pilates Mat - H* 4:30 - 45m Xixi Z Hot Yoga Foundation - H* 5:15 - 60m Dixie Legendary Strength - GF* 5:30 - 45m Maribel M Barbell 45 - GF* 6:30 - 45m Jeffrey K Hot HIIT - H* 6:30 - 30m Maribel M The Ride - R* 6:45 - 45m Delilah R Hot Core - H* 7:00 - 30m Maribel M Hot Pilates Burn - H* 7:45 - 45m Laura J	Hot Yoga Flow - H* 5:00 - 60m Dixie ZUMBA @ - GF* 5:30 - 60m Jessica A Hot Yoga Fierce - H* 6:15 - 60m Dixie Legendary Strength - GF* 6:30 - 45m Lisa P The Ride: Let the Beat Drop - R* 7:15 - 45m Shana Hot Pilates Mat - H* 7:30 - 45m Niki	Hot Pilates Mat - H* 4:30 - 45m Norma S Hot Yoga Foundation - H* 5:15 - 60m Norma S Hot Athlete - H* 6:30 - 45m Lauren P Top it Off - GF* 6:30 - 30m Maribel M Belly, Butt, & Thighs Bootcamp - GF* 7:00 - 30m Maribel M P3 Pilates - GF* 7:30 - 45m Maribel M	Hot Pilates Mat - H* 5:30 - 45m Lexx Barbell 45 - GF* 6:15 - 45m Maribel M		



CLASS DESCRIPTIONS

CORAL RIDGE

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

5631 Coral Ridge Drive | 954.620.8701

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.}

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!}

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.}

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 HIIT: Ignite the fire, then freeze in this hot take on HIIT. In this 100-degree infrared experience, rounds of HIIT based athletic exercise variations alternate with core stability movements to create an energizing workout that will challenge your stamina and build your endurance.

Bring your own mat, mat towel, and water bottle}

Hot Pilates Burn: Take a stand in this upright fusion-based Hot Pilates workout. Work the breath, balance, body and base with athletic elements that will challenge your body's concentration, precision, control, and flow. A combination of standing and groundwork, this sweaty 45-minute format adds an athletic twist to your practice that will leave you focused, fluid, and fierce}

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}

Hot Yoga Fierce: Take your yoga practice to the next level in this unique class that combines athletic movement, power yoga and balance challenges all taught in a heated studio. Special "fire it up" challenges inserted throughout the workout are designed to challenge both your mind and body. This one of a kind yoga class will leave you with a fierce attitude and a fit body!

Bring your own mat, mat towel, and water bottle}

Hot Yoga 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}

Hot Yoga 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}

Legendary Strength: Push your goals with our nonstop total body strength workout. Set up your strength round using moderate weights, then repeat that superset with heavier dumbbells to grow more legendary with every rep! You'll feel empowered (and a little breathless), so get ready to grow stronger with Crunch!}

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 10x10: 10 exercises, 10 times for 10 rounds. The goal is to hit 100 as many times as you can in this total body takedown. Considered the ultimate challenge round based class this workout will leave you dripping in sweat and pride as you make it to the 100 mark at each block.}

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.}

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!}

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.}