



GROUP FITNESS

APOLLO BEACH

Week of 06/02/25

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

MORNING



MID-DAY



EVENING



	MONDAY, 06/02/25	TUESDAY, 06/03/25	WEDNESDAY, 06/04/25	THURSDAY, 06/05/25	FRIDAY, 06/06/25	SATURDAY, 06/07/25	SUNDAY, 06/08/25
MORNING	Hot Core - HS* 6:15 - 30m Jirina H The Ride - R* 8:15 - 45m Natasha F Barbell 45 - GF* 9:00 - 45m Zee ZUMBA @ - GF* 10:00 - 60m Zee Foundation - HS* 10:00 - 60m Natasha F Hatha Flow - GF* 11:00 - 60m Brenda P	The Ride - R* 6:15 - 45m Natasha F Hot Pilates Mat - HS* 8:15 - 45m Opal Top it Off - GF* 9:00 - 30m Claudia A Flow - HS* 9:15 - 60m Ane H Belly, Butt, & Thighs Bootcamp - GF* 9:30 - 30m Claudia A ZUMBA @ - GF* 10:00 - 60m Aixa H The Ride: Let the Beat Drop - R* 10:15 - 45m Opal Ultimate R&R - HS* 11:00 - 60m Ane H	Hot Core - HS* 6:15 - 30m Jirina H Fierce - HS* 8:45 - 60m Natasha F ZUMBA @ - GF* 9:00 - 60m Hansy D Barbell 45 - GF* 10:00 - 45m Natasha F Hot Athlete - HS* 10:00 - 45m Shawn Fat Burning Pilates - GF* 10:45 - 30m Natasha F Flow - HS* 11:15 - 60m Natasha F	The Ride - R* 5:30 - 45m Paige N Hot Pilates Mat - HS* 8:15 - 45m Opal The Ride: Let the Beat Drop - R* 9:15 - 45m Gina Barbell 45 - GF* 9:15 - 45m Stephen J ZUMBA @ - GF* 10:00 - 60m Jani Foundation - HS* 10:00 - 60m Opal Hatha Flow - GF* 11:15 - 60m Opal	Beach Workout - Arms & Abs - GF* 8:45 - 30m Stephen J Fierce - HS* 9:00 - 60m Natasha F Beach Workout - Legs, Core & More - GF* 9:15 - 30m Stephen J Flow - HS* 10:00 - 60m Natasha F Hot HIIT - HS* 11:15 - 30m Gina Hot Core - HS* 11:45 - 30m Gina	Hot Pilates Mat - HS* 7:45 - 45m Jirina H The Ride - R* 8:30 - 45m Lex Belly, Butt, & Thighs Bootcamp - GF* 9:00 - 30m Jirina H Fat Burning Pilates - GF* 9:30 - 30m Jirina H ZUMBA @ - GF* 10:00 - 60m Martha E Flow - HS* 10:15 - 60m Opal Hatha Flow - GF* 11:15 - 60m Opal	The Ride: Let the Beat Drop - R* 9:00 - 45m Opal ZUMBA @ - GF* 9:30 - 60m Dawn W Foundation - HS* 10:00 - 60m Opal Fierce - HS* 11:15 - 60m Opal
MID-DAY							
EVENING	Fat Burning Pilates - GF* 5:30 - 30m Natasha F The Ride: Let the Beat Drop - R* 6:00 - 45m Hansy D Hatha Flow - GF* 6:00 - 60m Natasha F ZUMBA @ - GF* 7:00 - 60m Philippa D Fierce - HS* 7:15 - 60m Michelle C	Beach Workout - Arms & Abs - GF* 5:30 - 30m Stephen J Beach Workout - Legs, Core & More - GF* 6:00 - 30m Stephen J The Ride - R* 6:00 - 45m Opal ZUMBA @ - GF* 7:00 - 60m Fabbie Flow - HS* 7:00 - 60m Opal Hot Pilates Mat - HS* 8:00 - 45m Opal	Chisel - GF* 5:30 - 30m Aixa H Hot Pilates Mat - HS* 5:45 - 45m Valerie M ZUMBA @ - GF* 6:00 - 60m Aixa H The Ride - R* 7:00 - 45m Vilmarie A Hatha Flow - GF* 7:15 - 60m Valerie M	Hot Core - HS* 5:30 - 30m Stephen J ZUMBA @ - GF* 6:00 - 60m Heather R The Ride: Let the Beat Drop - R* 6:00 - 45m Alexander V Flow - HS* 7:00 - 60m Michelle C Barbell 45 - GF* 7:15 - 45m Stephen J Hot Pilates Mat - HS* 8:00 - 45m Vilmarie A	ZUMBA @ - GF* 6:00 - 60m Vilmarie A Hot Athlete - HS* 6:00 - 45m Ane H Hatha Flow - GF* 7:00 - 60m Ane H		



CLASS DESCRIPTIONS

APOLLO BEACH

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

6215 Seawind Ct. | 813.954.6901

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

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.}

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

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

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}

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}

Hatha Flow: Yoga that integrates posture, breathing exercises, relaxation and meditation to harmonize you on every level - body, mind and spirit. A delicious, mindful and moving class. All levels welcome.}

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 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}

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.}

Ultimate R&R: We all need more self-care, more recovery, more rest to continue to be our best. Ultimate R&R provides the break your mind and body need. Take the foot off the accelerator and pump the brakes, focusing on a slower, gentler yoga flow followed by longer-held restorative poses supported by blocks, for the ultimate in rest and recovery.}

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.}