



MORNING



MID-DAY



EVENING



	MONDAY, 02/10/25	TUESDAY, 02/11/25	WEDNESDAY, 02/12/25	THURSDAY, 02/13/25	FRIDAY, 02/14/25	SATURDAY, 02/15/25	SUNDAY, 02/16/25
MORNING	Foundation - HS* 7:30 - 60m Dale J Top it Off - GF* 9:00 - 30m Janelle W Flow - HS* 9:00 - 60m Dale J Absolution - GF* 9:30 - 30m Janelle W ZUMBA @ - GF* 10:00 - 60m Charissa S Hot Pilates Mat - HS* 11:00 - 45m Mosa R	*Special Event* The Ride - RI* 5:15 - 45m JR The Ride - RI* 9:00 - 45m JR Barbell 45 - GF* 9:00 - 45m Lorri L ZUMBA @ - GF* 10:00 - 60m Naty Hot HIIT - HS* 10:00 - 30m Lorri L Hot Core - HS* 10:30 - 30m Lorri L Foundation - HS* 11:15 - 60m Lorri L	ZUMBA @ - GF* 9:30 - 60m Stacy D Hot Pilates Mat - HS* 11:00 - 45m Mosa R	The Ride - RI* 5:15 - 45m Krista The Ride - RI* 9:00 - 45m JR Absolution - HZ* 9:00 - 30m Kylie M Top it Off - GF* 9:30 - 30m Kelly S ZUMBA @ - GF* 10:00 - 60m Kelly S Foundation - HS* 10:00 - 60m Patty M Yoga Body Sculpt - GF* 11:15 - 60m Patty M	The Ride - RI* 6:00 - 45m Naty Barbell 45 - GF* 8:00 - 45m Kylie M Top it Off - GF* 9:00 - 30m Lorri L Fat Burning Pilates - GF* 9:30 - 30m Lorri L ZUMBA @ - GF* 10:00 - 60m Sonia M Flow - HS* 10:15 - 60m Lorri L	Barbell 45 - GF* 9:00 - 45m Patty L ZUMBA @ - GF* 10:00 - 60m Patty L Flow - HS* 10:00 - 60m Dale J	ZUMBA @ - GF* 10:00 - 60m Amber S
MID-DAY	The Ride - RI* 12:00 - 45m Mosa R		Flow - HS* 12:00 - 60m Lorri L The Ride - RI* 12:00 - 45m Mosa R	Hot Pilates Mat - HS* 12:00 - 45m Mosa R			
EVENING	Hot HIIT - HS* 6:00 - 30m Mary M Barbell 45 - GF* 6:00 - 45m Demetrius B Hot Core - HS* 6:30 - 30m Mary M So You Think You Can't Dance - GF* 7:00 - 60m Patty Elie Hot Athlete - HS* 7:15 - 45m Mary M	Barbell 45 - GF* 6:00 - 45m Lena B The Ride - RI* 6:00 - 45m Kila ZUMBA @ - GF* 7:00 - 60m Charissa S Hot Athlete - HS* 7:00 - 45m Lena B	Yoga Body Sculpt - GF* 5:00 - 60m Kelsey W Cardio Tai Box - GF* 6:00 - 30m Demetrius B Foundation - HS* 6:00 - 60m Dale J Absolution - GF* 6:30 - 30m Demetrius B So You Think You Can't Dance - GF* 7:00 - 60m Patty Elie Flow - HS* 7:15 - 60m Dale J	Hot Athlete - HS* 5:00 - 45m Samantha The Ride - RI* 6:00 - 45m Kila Flow - HS* 6:00 - 60m Samantha ZUMBA @ - GF* 7:00 - 60m Annie D	ZUMBA @ - GF* 6:30 - 60m Amber S		



CLASS DESCRIPTIONS

PORT ST. LUCIE

10330 S US Highway 1 | 772.275.3901

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

***Special Event* The Ride:** Put the pedals to the metal in this fast-paced workout taught on a stationary bike and led by a Crunch Master Instructor. You'll climb, sprint, and train to incredible music and extraordinary instruction.}

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!}

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.}

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 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}

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.}

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.}