



GROUP FITNESS

FOUNTAIN CITY

Week of 06/30/25

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

MORNING



MID-DAY



EVENING



	MONDAY, 06/30/25	TUESDAY, 07/01/25	WEDNESDAY, 07/02/25	THURSDAY, 07/03/25	FRIDAY, 07/04/25	SATURDAY, 07/05/25	SUNDAY, 07/06/25
MORNING	The Ride: Let the Beat Drop - R* 6:30 - 45m Anastasia S Hot Athlete - GF* 9:00 - 45m Kristin C	Hot Athlete - HS* 5:30 - 45m Rachael W P3 Pilates - GF* 6:30 - 45m Rachael W Hot Pilates Mat - HS* 10:30 - 45m Dakota M	Flow - HS* 5:30 - 60m Nikki J The Ride - R* 6:30 - 45m Briana S P3 Pilates - GF* 9:00 - 45m Dakota M	Hot Athlete - HS* 6:30 - 45m Rachael W The Ride - R* 9:30 - 45m Kristin C Flow - HS* 10:30 - 60m Nikki J	Hot Pilates Mat - GF* 5:30 - 45m Rachael W The Ride: Let the Beat Drop - R* 6:30 - 45m Rachael W Legendary Strength - GF* 9:00 - 45m Heather J	The Ride: Let the Beat Drop - R* 9:00 - 45m Halle H P3 Pilates - GF* 9:00 - 45m Nikki ZUMBA @ - GF* 10:00 - 60m Nikki Hot Pilates Mat - HS* 10:00 - 45m Joshua B Flow - HS* 11:00 - 60m Joshua B	
MID-DAY							
EVENING	Foundation - HS* 5:00 - 60m Michelle K Barbell 45 - GF* 5:30 - 45m Nikki Hot Pilates Mat - HS* 6:15 - 45m Dakota M So You Think You Can't Dance - GF* 6:30 - 60m Kimberly W The Ride - R* 7:00 - 45m Rachael W	POUND@ - GF* 5:00 - 30m Kristin C Legendary Strength - GF* 5:30 - 45m Kristin C Fierce - HS* 6:15 - 60m Michelle K ZUMBA @ - GF* 6:30 - 60m Nikki	Flow - HS* 5:00 - 60m Joshua B P3 Pilates - GF* 5:15 - 45m Nikki Hot Pilates Mat - HS* 6:15 - 45m Dakota M So You Think You Can't Dance - GF* 6:15 - 60m Heather J The Ride: Intelligent Cycling - R* 7:00 - 45m Anastasia S	Hot Pilates Mat - HS* 5:00 - 45m Joshua B Barbell 45 - GF* 5:30 - 45m Joe Foundation - HS* 6:00 - 60m Joshua B So You Think You Can't Dance - GF* 6:30 - 60m Kimberly W			



CLASS DESCRIPTIONS

FOUNTAIN CITY

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

5003 N. Broadway St | 865.459.2001

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!}

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}

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 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}

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.}

POUND@: Channel your inner performer and rock your body with this modern-day fusion of movement and music. Drum along to a slammin' soundtrack using Ripstix™ - weighted drumsticks designed to transform drumming into a kick-ass, fat burning, full body interval workout that will leave you dripping sweat.}

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: Intelligent Cycling: Crunch Ride comes to life in full color with this fully immersive, digital indoor cycling experience. Journey through virtual worlds, hypnotic visuals timed to the music and bright images that bring the coaching to life. Take your Ride experience to a new level and reach goals you never thought possible!

WARNING: The videos used in this class may potentially trigger seizures for people with photosensitive epilepsy. Participation discretion is advised.}

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.}

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.}